

Brain Gym[®] 110

November 7-8, 2026 - (online)



with Sher Smith RN, BCPP, IF

This is a required course to teach I04.

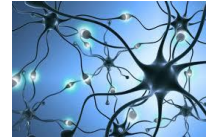
It is designed to give the support needed to teach I04.

The Brain Gym process was developed by Dr. Paul Dennison, Ph.D. Through his work with learning disabled children and the positive results that he witnessed and achieved, he came to realize that all learning occurs through movement, and after 20 years of research and private practice, synthesized his ideas into the Brain Gym process. This process uses simple activities (movements) called **Brain Gym** to enhance whole brain functioning.



This course is designed to support one to teach the movements in this course that are simple, fun, easy and effective. Noticing the changes in the body after each of the 26 movements can be part of a learning loop or as an “out of the loop” stress response. There are many effects after each of ‘The 26’ Brain Gym movements. Learn how these movements can support one’s and other’s development of physical skills.

In her recent book titled “Smart Moves”, Dr. Carla Hannaford, a neurophysiologist, further explains these ideas and “why” a person must move to activate his/her learning potential. She states that: “As we grow, as we move, as we learn, the nervous systems connect in highly complex patterns of pathways. These patterns are organized and reorganized life, allowing us greater ability to receive outside stimuli and perform the myriad jobs of human life.”



cells of our
neural
throughout

This course prepares one to teach the 16 hour Brain Gym® 104 course and create customized workshops up to 6 hours. Participants practice teaching concepts, as well as giving and receiving feedback. The course covers administrative details for Movement Facilitators.

This process also provides the tools that enables the students to release accumulated stress and develop strategies for handling the daily stresses of life.

Experience the 26 movement course from Brain Gym, before this course and let your personal participation be the next step in your move forward.

**Register
NOW!**



Sher Smith, RN, B.C.P.P., RPE, is a Registered Nurse, Board Certified Polarity Practitioner, Registered Polarity Therapy Educator and a Brain Gym Faculty Instructor who has been involved in the Holistic health field since 1979.

Her professional training is varied and comprehensive, including studies in Cranial Sacral Therapy with Franklyn Sills and the Upledger Institute; along with certification in Neuro-Linguistic Programming, Brain Gym® and Touch for Health.

Sher was the founding President of the Ontario Polarity Therapy Association, is a member of the American Polarity Therapy Association (having served as Past-Vice-President of the Board of Directors), was a member of the Craniosacral Therapy Association of the United Kingdom and is the Director of the Realizing Your Potential Center of Holistic and Energetic Studies. She is a Canadian International Faculty member for Brain Gym® with the Breakthroughs Foundation in Santa Barbara, California.

Sher is available for private consultations and sessions in person or by Zoom and to teach globally.

Email: info@realizingyourpotential.ca

Web: www.realizingyourpotential.ca

Blog: <https://energyfunlight.wordpress.com/>

Facebook: <https://www.facebook.com/realizingyourpotentialRichmondHill>

Note: See registration form below.

Registration Form

Brain Gym® 110

November 7-28, 2026 (online)

Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone #: (_____) _____

Email: _____

Signature: _____

Date: _____

How did you find this course: _____

PREREQUISITE: 101 & 104

PLACE: Online

TIME: 9:30 a.m. – 5.00 p.m. EST.

TUITION: \$425 or \$325 CDN when deposit of \$100 is paid 1 month prior

Phone: 905-751-1076

Email: info@realizingyourpotential.ca

Website: www.realizingyourpotential.ca