



Brain Gym®* 101

Do anything more easily

A 3-day workshop

March 13, 14 & 20, 2010

or May 1, 2 & 8, 2010

in Oakland, CA

9:30am – 6:00pm (24 class-hours)

Join us for a fun, enjoyable class that can change your life

What is Brain Gym?

Brain Gym consists of easy-to-do movement activities which help the mind, body and emotions work better together. All ages, from infants to seniors, can enjoy and benefit from Brain Gym. Starting at birth, we learn through movement; using this modality is a powerful, effective way to access our full potential.

Who can benefit:

- artists • teachers • parents • athletes • musicians • executives • salespeople • Anyone!

This workshop is for you if you want to

- Be more organized and focused
- Start and finish projects with ease
- Become more creative
- Perform better at sports or in school
- Manage stress
- Generally enhance your life and relationships

You'll learn

- The 26 basic Brain Gym movements
- PACE, a 4-step warm-up and readiness sequence
- Brain Gym's 5 steps to easy learning and brain integration
- How to improve focus, organization and communication using Brain Gym's 3 dimensions
- 2 types of Repatterning, which "remind" your brain to work more synergistically



Larhken B. Carroll, Licensed Brain Gym Instructor, has taught Brain Gym internationally since 1986; she has twice received the "Outstanding Achievement" award from Brain Gym International. In addition to teaching Level I and II Brain Gym classes, she co-coordinates the Brain Gym NorCal Network. An experienced instructor who creates a relaxed, enjoyable learning space, Larhken has a private practice in Oakland, CA, working with people of all ages and challenges.

*Brain Gym® is a registered trademark of Brain Gym International, Ventura, CA, USA, www.braingym.org

Tuition: \$415 early registration paid in full 3 wks in advance; \$440 w/\$100 non-refundable deposit received 3 wks in advance; \$455 full fee, payment received less than 3 wks in advance. **Day 1 only:** \$150 early registration paid in full 3 wks in advance; \$160 payment received less than 3 wks in advance. Manual included.

Repeaters: \$250 with \$100 non-refundable deposit paid 3 weeks in advance; \$275 received less than 3 weeks in advance. New manual included.

Make check to and mail to: **Larhken B. Carroll, 6565 Longwalk Dr, Oakland, CA 94611-1718**

For more information contact Larhken at 510-531-9729, larknc@pacbell.net

Registration for Brain Gym 101

March 13, 14 & 20, 2010

May 1, 2 & 8, 2010

Location:

Oakland, CA; details sent on receipt of payment

Tuition:

\$415 early registration paid in full 3 weeks in advance **by Feb. 20 or April 10**

\$440 with \$100 non-refundable deposit, paid 3 weeks in advance

\$455 full fee, payment received less than 3 weeks in advance

Day 1 only: \$150 early registration paid in full 3 weeks in advance

Day 1 only: \$160 payment received less than 3 weeks in advance

Manual included.

Three-day fees include \$100 non-refundable deposit; Day 1 only fees include \$50 non-refundable deposit. If you decide to complete BG101 within one year, \$125 of Day 1 fee can be credited toward full BG101 price.

Repeaters:

\$250 with \$100 non-refundable deposit paid 3 weeks in advance

\$275 payment received less than 3 weeks in advance (includes \$100 non-refundable deposit)

New manual included.

Make check to and mail to: Larhken B. Carroll, 6565 Longwalk Dr, Oakland, CA 94611-1718

For more information contact Larhken at 510-531-9729, larknc@pacbell.net

Name _____

Email _____ Phone _____

Address _____

Occupation _____

March 2010 class _____ May 2010 class _____

Day 1 only _____ which date? _____ Amount enclosed _____

Repeating 101 _____ Previous 101 instructor, date _____

Thank you!