



Brain Education

Teaching Workshop



Want to learn mindfulness exercises to share with your children or students?

Brain Education programs help to empower children and adults to improve focus, confidence, memory, creativity and emotional wellness while reducing stress and anxiety.

This innovative 2-day workshop introduces educators and parents to Brain Education, a program designed to help children maximize their brain's fullest capabilities. Participants are exposed to the basic fundamentals while learning how to incorporate this fun and revolutionary program into their home or classroom. Each lesson of the 15-week basic program is covered in the workshop. Every participant receives a copy of Workbook 1, a Teacher Manual and music files.

Trainer: Master JoHee

Date: May 6-7 (Sat-Sun), 9am-6pm

Location: Kirkland Body and Brain

Cost: \$395

(includes 1 classroom visit for teachers)

Sign Up

5 Benefits



Focus

How often do we take the time and effort to teach our kids HOW to focus?



Confidence

How do we help ourselves and our children to become more confident?



Memory

Power Brain training can also help students dramatically improve their memory.



Creativity

All of our students are creative – we all have an inherent creative application in our brain.



Emotional Wellness

We give our students an empowering understanding of emotional wellness.



Testimonial: "Participation in the Brain Education Teaching Workshop is giving my students the tools they need to live a more balanced life. They are learning to take care of their bodies and control their emotions."

-Randy Seabrook, Principle