

SWITCHING ON THE WHOLE BRAIN

A MOVEMENT CLASS DESIGNED TO WAKE UP
YOUR BRAIN:

- ✚ EYES – IMPROVES VISION, EYE-HAND COORDINATION, POSTURE
- ✚ EARS – IMPROVES BALANCE, ENERGY & RHYTHM
- ✚ EARLY DEVELOPMENTAL REFLEXES – IMPROVES POSTURE AND VISION
- ✚ BODY/BRAIN INTEGRATION – IMPROVES CREATIVITY, PRODUCTIVITY, FOCUS, MEMORY AND ABILITY TO LEARN NEW SKILLS

FUN AND EASY WAY TO SWITCH ON YOUR WHOLE BRAIN

IF YOU ARE CHALLENGED BY: KEEPING A BEAT,
CATCHING A BALL, PAYING ATTENTION, STAYING
AWAKE AND REMEMBERING THINGS, THIS CLASS IS
FOR YOU

WHEN: Tuesdays thru Nov 23, 7:45 to 9:15 pm
WHERE: Wildcat Studio 2525 Eighth St. @ Dwight
Berkeley
PRICE: \$170.00 for 8 weeks

FOR MORE INFORMATION CONTACT: Kay Hogan (925) 676-3696
TO REGISTER: send name, address, e-mail and phone number with a check for the full amount to Shirley Kelley 1912 Edgewood Dr. Palo Alto, CA 94303

KAY HOGAN, M.Ed. is a certified Hellerworker and Alexander Technique Teacher, with Master's Degrees in Education and Counseling. She has multifaceted trainings in sound therapy, natural vision work and brain technology. yakten@comcast.net

SHIRLEY KELLEY, M.S. Ed., is an educator, Body-Mind Centering Practitioner® and registered movement therapist. She is a graduate of Center for Intentional Living, a program emphasizing a psychospiritual approach to human development.
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