



PROFESSIONAL DEVELOPMENT WORKSHOPS

Brain & Body Boost with Annemarie Cabri

Virtual workshop series for teachers & teacher candidates **Booking for 2021**

In this workshop series participants will gain an understanding of a unique movement sequence called **Brain & Body Boost**. Annemarie created **Brain & Body Boost** during her 20+ years of experience while studying, observing, and working with the principles of Brain-Compatible Dance Education developed by Anne Green Gilbert.

Brain & Body Boost is a **practical engagement tool** to begin class **online** or in person. Participants will experience the benefits for *themselves* and learn how to deliver a set of integrated movements that will help **regulate nervous systems** while making **happy focused learners**.

The three-part workshop series includes:

- Basic science behind the sequence
- Practice of the movement sequence to understand
- Useful tips to retain and deliver to *your* students
- Learn the relationship of movement dysfunction and learner success
- And importantly - gain practical tools to create a happy and engaged class for both teacher and student alike

"Annemarie's workshop on B&BB is interactive and very informative. My big 'aha' moment was learning that each and everyone can benefit from the movement sequence despite their physical and cognitive limitations. They have fun and love it!"
- Rose Monacelli, Health and Physical Education Teacher, *Holland Bloorview Rehabilitation Hospital*

"An exemplary, engaging teacher workshop blending theory & movement, accessible & adaptable for all ages!" - Tracy Thomson,
Dance Instructional Leader, *York University/TDSB*

BOOK DATES AT

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Creative Process workshop

- Begin with Brain & Body Boost - an effective full-body movement seated or standing to coordinate our mind and body making us 'ready learners'
- Explore concept ENERGY to develop new skills while building our own creativity through imagery and structures

Exercise using imagery to develop movement and connect our feelings with movement

- Image of scooping bird, let it fly, rain down
- Freestyle movement playing with ENERGY sharp or smooth moves
- Bigger bird, let it fly, rain down
- Free style repeat, have fun, do differently
- Find a shape/pose 3 X
- Melt or fly out to finish

Exercise using structure of 3 dance steps you have been working on in class

- Choose order of 3 steps
- Choose music with square phrasing deciding how many counts for each step
- Add one free style moment
- Repeat 3 steps in same phrasing or shorter version
- Choose an ending

Reflect on the two exercises; what did you learn about doing, and watching others?

Next class this can be expanded with different concepts of dance laid over top of concept ENERGY. More detail of steps can be incorporated.

Exercise combining imagery and structure exercise with SCATTERED formation

- Students in groups or solo decide which order the exercises will be for themselves; imagery + structure exercise or structure + imagery
- Students decide when in music they will begin the sequence and the tempo
- Whenever students finish their sequence they must hold a pose until everyone is done, so for some they will wait a long time if they whizz through which is fine, the pose could be watching and waiting from a kneel
- Leaders are numbered for mirror movement ending where everyone follows one leader at a time (teacher sets amount of counts per leader) in simple repeated type movements. This can join everyone together from being scattered

With either of these exercises there is room for all abilities and skill levels. A skip can be done with the upper body alone, a turn can be full body or pirouette, a prance can be feet or a stag leap. This also develops a creative mind to see beyond what we believe a movement is. If we truly understand the principle of a movement then with creativity it becomes something for everyone.

- Reflect on what was successful, which order worked best, is there a story emerging, what could be added next time

Exercise with and without a prop

- Using concept energy add the prop as an extension of body and explore dance with prop
- Discuss, share by showing what you discovered
- Repeat without prop as best as you can remember dancing with prop
- Discuss findings and feelings

Next class return to these discoveries making a combination, a story, with and without prop

Thank you,

Annemarie Cabri

Teaching Artist

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Connect should you have questions, or would like details on a Brain & Body Boost course.