# Movement and Focus Group

**Sensory Advantage** is excited to partner with St. Thomas Aquinas to offer our innovative Therapeutic Enrichment groups as part of their before and after school programming starting second quarter. These groups promote targeted skill development and improved attention to support optimal classroom performance.

Research shows that 30 minutes of before school physical activity helps improve attention, cognitive functioning, and learning. Movement is not a cookie cutter solution though as certain types of sensory motor input are more effective in producing organized brain and body responses than others. Our **Movement and Focus Group,** led by master's level occupational therapists with extensive backgrounds in sensory processing, guides students through a structured progression of movement sequences designed to increase attention and focus. Students will participate in rhythmic based movement, yoga postures, midline crossing tasks, and sensory regulating activities to help prepare them for the school day.

**Offered to students grade K-5.**

**Group Leaders**: Joylynn Holladay, MS, OTR/L and Kate Loughran, MS, OTR/L

**Contact Information:** joy@sensadv.com, kate@sensadv.com

**Meeting Time:** This group will meet Monday and Wednesday mornings 7:00 to 7:30 starting January 22 and ending March 21.

**Cost:** $125 for 9 week session. A 10% early registration discount is available when you sign up before December 15, 2017.

**Registration:**
https://docs.google.com/forms/d/e/1FAIpQLSeG5Y6rqdU_h0VzWpyb2IH9KXAlBkThwvn-O0FjQfRbK10Spw/viewform?usp=sf_link