



BASIC BRAIN GYM® 101

4 DAY CERTIFICATE COURSE

This certified 32 hour basic course in Educational Kinesiology is fully accredited by the Australian Kinesiology Association and the International Educational Kinesiology Foundation

Brain Gym® is the registered name given to the sensory motor movement program of Educational Kinesiology. It is a gentle and energizing program which includes movement to switch on and coordinate the brain and body for greater productivity and learning. Educational Kinesiology stimulates the flow of information and processing within the brain and between the brain and body, restoring your natural ability to learn and function at optimum efficiency.

Pre-Requisites

There are no pre-requisites for this course. This course is the required pre-requisite for any further training in Brain Gym & Educational Kinesiology. This Brain Gym course is taught in over 120 countries around the world.

Course Content

This 4 day (32 hour) course demonstrates how you can apply the Brain Gym movement program and Educational Kinesiology balance processes to benefit yourself and others. Learn techniques that can be important resources for yourself and your students.

You will learn:

- The Role of Movement in Learning
- The Brain Gym Movement Program
- The Physiological Basis of Brain Gym
- Kinesiology Balancing Techniques
- Two Specific Brain Gym Repatterning Sequences
- When to use Brain Gym for yourself and with others
- A Powerful Five Step Balance Process which includes:
 - Switching on for learning – PACE
 - Goal setting
 - Anchoring using noticing techniques and muscle checking
 - Specific Brain Gym Balances to improve reading, writing, spelling, maths, vision, listening, memory, auditory processing
 - Organisational skills
 - Focus, Attention and comprehension
 - Co-ordination
 - Positive attitude
 - Personal growth
 - Help reduce stress, anxiety and depression

Who will benefit from Learning Brain Gym?

Brain Gym is very safe and easy to use and will be of benefit to:

- Teachers/educators to help students switch on for learning – Pre-school, Primary, Secondary, Tertiary & Adult Education.
- Students wishing to perform well in their studies
- Professional and business people aiming to improve morale, productivity, organisation and decision making
- People working in health, medicine, counselling and allied professions
- Aged Care professionals – diversional therapists, personal carers,
- Adults working with students who experience any sort of learning difficulties or with ADD/ADHD, Aspergers or Autism
- Parents wishing to help their children work together for better communication
- Older people wishing to improve the quality of their lives
- Adults wanting to reduce stress, anxiety, phobias and depression
- Sporting people who want to improve their athletic and sporting performance
- Artists and musicians who enjoy tapping into more of their creative potential
- Anyone wishing to train in Brain Gym and Educational Kinesiology.
- Anyone wanting to reach their full potential!

About your Tutor

Claire Hocking has been an international Brain Gym Instructor and Educational Kinesiologist for the past 15 years and is located in Lara, Victoria. She has successfully used Brain Gym in primary and secondary schools as a grade, music and an integration teacher. Claire runs a busy private practice and regularly teaches Brain Gym workshops both nationally and internationally.

For more information contact:

Claire Hocking, Brain Gym Instructor, 43 Young St, Lara, Vic 3212

ABN: 17 381 090 700

Phone: (03) 5282 5985 Mobile: 0419 569 071 Fax: (03) 5282 8542

Email: claire@wholebrain.com.au