

WHAT IS BRAIN GYM?

- Brain Gym uses physical movement so that both sides of the brain work together for maximum learning.
- Brain Gym is easy to do and suitable for all ages.
- Brain Gym movements make learning easier and more natural.
- Brain Gym gently releases stress from the system.

One of Brain Gym's strongest features is that it is not just for those people who have overt learning difficulties. Its benefits have been apparent to those who have never seen themselves as having learning problems. It allows the learner not only to improve their skills but to believe in themselves and their ability to learn.

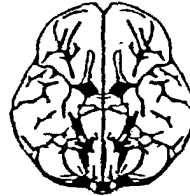
The exciting thing about Brain Gym is that it shows results in a short period of time, in some cases immediately.

Brain Gym can easily be done at home, in school or in the workplace.

HOW DOES BRAIN GYM WORK?

Brain Gym movements enable you to access those parts of your brain that have previously been blocked for many varying reasons.

Your brain is divided into two hemispheres, left and right. Each hemisphere performs distinctly different functions. These hemispheres are joined together by a large bunch of nerves.



When you are stressed and/or experience learning difficulties, the transmission of information around the brain, particularly between the two hemispheres is blocked or "switched off", leading to greatly reduced performance in learning ability.

You learn and perform more effectively and efficiently when your whole brain is functioning and communicating effectively and efficiently.

The Brain Gym movements are designed to switch on the whole brain, especially to have both sides of your brain working together and to strengthen the connecting nerves between them.

WHY USE BRAIN GYM?

Recognise any of these problems?

- Poor memory
- Poor concentration and recall
- Reading over and over for meaning
- Losing your place when reading
- Unable to stay with a task to the finish
- Unable to sit still
- Daydreaming and/or inattentive
- Forgetting what has just been learned
- Mood swings
- Head to one side for writing and reading
- Poor coordination and balance
- Clumsy
- Poor handwriting
- Unable to tell left from right
- Unable to express thoughts
- Poor posture
- Letter, number and/or word reversals eg. b for d, was for saw
- Workaholic
- Burnout feelings and/or low energy levels
- Stressed and/or over anxious
- Dyslexia
- Hyper or hypo-active
- Attention deficit disorder

Can anything be done to help?.... YES YES YES it can!

BRAIN GYM CAN MAKE A DIFFERENCE!

WHO CAN USE BRAIN GYM?

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

Babies
Pre-schoolers
Children
Students
Parents
Teachers/ Educators
Professional and Business People
Elderly People
Disabled Children and Adults

Brain Gym is especially relevant to parents and teachers who can easily learn and use the movements to help children gain greater benefit from their formal schooling. Brain Gym will benefit every student from the brightest to the lower achievers and the special needs children.

Many teachers use the movements in the classrooms every day in many ways. When children are led to Brain Gym, they seem to love it, request it, teach it to their friends and integrate it into their lives without any coaching or supervision.

Brain Gym needs to be taught by a qualified Educational Kinesiologist, as the movements are best learned from careful demonstration and explanation.

EDU-K /BRAIN GYM CONSULTANT



Claire Hocking is a registered Educational Kinesiologist / Brain Gym Instructor / Consultant and the Director of the Whole Brain Learning Centre, where she consults privately with all age groups. With over twenty years experience as a primary and secondary teacher, Claire has successfully used Brain Gym in schools both as a grade, music and integration teacher. Claire regularly presents Brain Gym & Kinesiology programs & workshops to interested groups both nationally and internationally.

Speciality Workshops are available for specific groups. These are designed to meet the needs of each group. Previous Workshops have benefited students, parents, teachers and other professionals.

For further information on Edu-K/Brain Gym or to arrange a Private Consultation, please contact

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BRAIN GYM®

IMPROVES

- LEARNING
- CO-ORDINATION
- CONCENTRATION
- MEMORY
- THINKING
- COMMUNICATION
- SKILLS
- SELF-CONFIDENCE
- HANDWRITING
- STUDY SKILLS
- CREATIVITY

