

WHAT IS VISION GYM?

Vision Gym® is a unique natural vision improvement program that is part of Educational Kinesiology.

Vision Gym uses gentle energising movements to 'switch on' both eyes and the brain to improve vision, visual processing and whole brain functioning.

The Vision Gym movements are easy to do and suitable for all ages and situations.

Vision Gym can be used for improving: vision and visual processing, reading, writing, spelling, maths, convergence, eye teaming (binocular vision), visual flexibility, tracking, near and far vision, eye-hand coordination, visual eye-body coordination, visual memory, and peripheral vision.



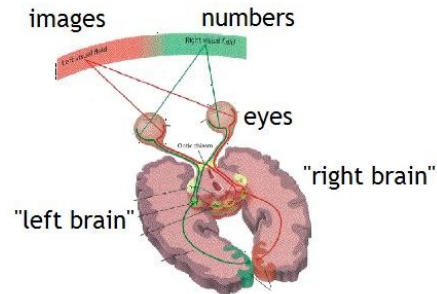
The exciting thing about Vision Gym is that it can show results in a short period of time, in some cases immediately.

The Vision Gym activities can be implemented on their own and can easily be combined with the Brain Gym movements and other parts of Educational Kinesiology.

HOW DOES VISION GYM WORK?

Vision Gym gently releases visual stress and simulates correct vision habits through gentle integrating movements.

You see, learn and perform more effectively and efficiently when both your eyes and your whole brain are functioning and communicating at optimal levels.



Fatigue and low energy can be related to poor visual skills. The Vision Gym activities help to rest and relax the eyes, activate the various physical (vestibular) balance functions, improve binocularity for easier reading and comprehension, and refine hand-eye coordination for enhanced well-being and daily ease.

The Vision Gym activities help to coordinate visual, auditory, tactile and kinesthetic skills with all our senses. They can bring about dramatic and lasting changes in concentration and focus, reading, writing, spelling, maths and memory.

WHY USE VISION GYM?

Recognise Any of These Problems?

- Tired, red eyes
- Rubbing eyes frequently
- Blurry vision
- Squinting
- Itchy eyes
- Headaches or migraines
- Poor concentration
- Staring without blinking
- Poor reading skills
- Losing your place when reading
- Drowsy when reading
- Poor handwriting
- Inability to relax
- Tension in your neck or shoulders
- Tension in hips or back of legs
- Poor coordination and balance
- Shallow breathing
- Difficulty reading aloud
- Over focused
- Under focussed
- Frustrated creativity
- Stressed and/or over anxious
- Dyslexia

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

VISION GYM CAN MAKE A DIFFERENCE!

Vision Gym can easily be done at home, at school, in aged care facilities and in the workplace.

WHO CAN USE VISION GYM?

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

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

Vision 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. Vision Gym will benefit every student from the brightest to the lower achievers and the special needs children.

The Vision Gym activities can also be used in aged care facilities to help the residents find the joy in reading again.

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

VISION GYM CONSULTANT



Claire Hocking is a registered Educational Kinesiologist, Brain Gym and Vision Gym Instructor and 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 Vision Gym or to arrange a Private Consultation, please contact

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Move to See with **VISION GYM®**

IMPROVES

- VISION
- LEARNING
- HAND-EYE
COORDINATION
- CONCENTRATION
- MEMORY
- THINKING
- COMMUNICATION
SKILLS
- SELF-CONFIDENCE
- HANDWRITING
- STUDY SKILLS
- CREATIVITY

