



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 180 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.

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 improved learning – childcare, 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, Activities & Recreation Personal
- People of all ages who are wanting to enhance their lives and learning skills
- Parents and educators, who wish to bring more ease and joy to the children in their care, including those with learning or behavioural difficulties
- People who wish to add a skill to their existing profession

You Will Learn

- The Role of Movement in Every Day Functioning and Learning
- The Brain Gym Movement Program
- The Physiological Basis of Brain Gym and supporting brain research
- Kinesiology Balancing Techniques
- Muscle Checking and Self-Testing
- 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

About your Brain Gym Instructor

Claire Hocking is an experienced International Brain Gym Instructor and Educational Kinesiologist for the past 20 years and has her busy private clinic in Lara, Victoria. She has successfully used Brain Gym in schools as a primary and secondary, music and an integration teacher and in aged care settings. Claire regularly teaches Brain Gym and Kinesiology workshops both nationally and internationally.

For more information contact:

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

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

Email: claire@wholebrain.com.au www.wholebrain.com.au

Cheques payable to 'Claire Hocking' or payment by internet banking and credit card/EFT available ABN 17 381 090 700