



BRAIN GYM® 101

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

Presented by Claire Hocking - International Brain Gym Instructor & Educational Kinesiologist

This four day Brain Gym 101 course is designed to give participants the tools to maximise their own learning potential and to assist others to do the same. Discover a permanent tool for reaching personal goals to assist in improving concentration, memory and cognitive functioning. Experience whole brain integration through gentle whole body movement. Learn the Learning Readiness Sequence (PACE), the twenty-six Brain Gym® movements, the Educational Kinesiology Action Balance processes to effectively reduce stress, switch-on vision, hearing, hand-eye coordination (writing), whole body coordination, a Dennison Laterality Repatterning, and a Three-Dimension Repatterning. Learn how to balance and mature the three dimensions of the brain: left and right sides (laterality), top-bottom (centering) and back-front (**executive functioning-focus**) parts of the brain.

Easy and effective applications for students, teachers, parents, aged care workers, artists, athletes, health care practitioners, and business professionals. Adults find the skills learnt in this course can be applied to many different aspects of their lives, bringing positive changes, particularly in relation to learning, vision, hearing, writing, communication, organisation, focus, and reducing stress and anxiety to promote positive mental health.

This course is also the compulsory foundation course for training to become a licensed Brain Gym Instructor and Educational Kinesiologist. Discover a NEW CAREER!

- DATES:** **Tues 9—Fri 12 April 2024**
- LOCATION:** **Lara (Geelong) VIC, Australia**
- TIME:** **9-30 am to 5-30 pm each day**
To complete the course participants need to attend all sessions
- COST:** **\$880*** (no gst) includes the manual, workbook, a copy of the new Brain Gym Teachers Edition, all notes & materials and morning and afternoon teas
*Brain Gym 101 repeaters \$440
(Money-back guarantee if the instructor is notified of student dissatisfaction before the end of the course)
- PREREQUISITES:** **None—open to all**

For more information contact **Claire Hocking** 0419 569 071 or claire@wholebrain.com.au or visit www.wholebrain.com.au

BOOKINGS ESSENTIAL

BRAIN GYM 101 VIC 2023 LARA – REGISTRATION FORM

I will be attending 9-12 April 2024

Please tick whom the tax invoice needs to be made out to.

Name: _____

Home Address: _____ Postcode: _____

Phone: _____ Mobile: _____

Email: **(Please Print Clearly)** _____

Organisation (if applicable) _____

Address: _____ Postcode _____

Phone: _____

Please send this form to: Claire Hocking Postal: 10 Greenleaf Drive, Lara, Vic 3212
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