



# BRAIN GYM 101

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

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 with applications for students, teachers, parents, aged care worker, artists, athletes, health care practitioners, and business professionals.

This course is beneficial for teachers of all levels from preschool through to tertiary levels, and is particularly useful for adults working with children and adults with learning and behaviour challenges. It is also especially relevant for aged care workers to help seniors to settle down and relax and improve concentration, memory and cognitive functioning.

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 the management of stress and anxiety.

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

**DATES: Monday 21 to Thursday 24 January 2019—Geelong, VIC**

**OR**

**Tuesday 9 to Friday 12 April 2019—Macedon, VIC**

**TIME: 9-30 am to 5-30 pm each day**

*To complete the course participants need to attend all sessions*

**COST \$880\*** (inc gst) includes the manual, workbook, a copy of the new Brain Gym Teachers Edition, all notes & materials and morning and afternoon teas

\* \$100 discount if participant has attended a previous one day training workshop with Claire Hocking

(\*Brain Gym 101 repeaters \$440)

**PREREQUISITES None—open to all**

For more information contact **Claire Hocking** on (03) 5282 5985 or [claire@wholebrain.com.au](mailto:claire@wholebrain.com.au)  
Mobile: 0419 569 071 or visit [www.wholebrain.com.au](http://www.wholebrain.com.au)

## BOOKINGS ESSENTIAL

Sending of this form is **essential** for enrolment. A tax invoice and letter of confirmation details will follow.

Cheques payable to 'Claire Hocking' or payment by internet banking and credit card/EFT available

## BRAIN GYM 101 VIC— REGISTRATION FORM

I will be attending  21-24 Jan 2019 Geelong OR  9-12 April 2019 Macedon

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

Ph: (03) 5282 5985

Mobile: 0419 569 071

Email: [claire@wholebrain.com.au](mailto:claire@wholebrain.com.au)