

BRAIN GYM 101

This certified 32 hour 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 and Educational Kinesiologist with over 30 years' experience

This certified, four-day 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.

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 & anxiety to promote positive mental health.

*This course is also the compulsory foundation course for training to become a licensed Brain Gym Movement Facilitator and/or a Brain Gym Instructor and Educational Kinesiologist. **Discover a new career!***

IN THIS FOUR DAY WORKSHOP YOU WILL LEARN:

- ✓ The 26 Brain Gym movements
- ✓ How to balance and mature three dimensions of the brain; left & right (laterality), top & bottom (centering) and back & front (executive functioning focus)
- ✓ Learn kinesiology and muscle checking and how to do Brain Gym/Kinesiology balances
- ✓ Learn the Brain Gym Action Balances processes to effectively reduce stress, switch on vision, hearing & hand-eye coordination and whole body coordination
- ✓ Easy & effective applications for students, teachers, educators, parents, aged care workers, health care practitioners and business professionals.

BOOKINGS ESSENTIAL

Sending this form is essential for enrolment. A tax invoice and letter of confirmation details will follow. Full payment will be required if participants do not attend without notification. An alternative person will be accepted

Cheques payable to 'Claire Hocking' or payment via PayPal, Internet Banking and credit card/EFT available.

Thurs 15th – Sun 18th May 2025

OR Thurs 10th – Sun 13th July 2025

9:30am–5:30pm each day

Location: Lara, VIC **Cost:** \$880 (no GST)

Pre-requisites: NONE

Open to all

Please note, cost includes the manual, workbook, a copy of the new Brain Gym Teachers Edition, all notes & materials plus morning & afternoon teas.

Returning Brain Gym 101 repeaters \$440

 0419 569 071

 claire@wholebrain.com.au

BRAIN GYM 101 – MAY OR JULY 2025 IN LARA VIC – REGISTRATION FORM

I will be attending: **15th – 18th May 2025** **10th – 13th July 2025**

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

Name: _____

Home Address: _____ Postcode: _____

Phone: _____

Email (please print clearly): _____

Organisation (if applicable): _____

Address: _____ Postcode: _____

Phone: _____

Please send this form to:

Claire Hocking **Postal:** 10 Greenleaf Drive, Lara, VIC 3212 **Email:** claire@wholebrain.com.au **Mobile:** 0419 569 071
Phone: +61 (03) 5282 5985 **ABN:** 17 381 090 700