

BRAIN GYM® 104

The Brain Gym 26 Movements

This certified 16 hour basic course in **Educational Kinesiology/Brain Gym** is fully accredited by Brain Gym Australia and the International Educational Kinesiology Foundation

This course is also the compulsory foundation course for training to become a licensed Brain Gym Movement Facilitator.

Presented by Claire Hocking - International Brain Gym Instructor & Educational Kinesiologist & Lydia Hawryluk— Brain Gym Movement Facilitator & Kinesiologist

This two day Brain Gym 104 course is designed to introduce and learn the 26 Brain Gym® movements in-depth. Brain Gym® is a movement based programme which uses simple specific movements to integrate the whole brain, senses and body, preparing the person with the physical skills they need to live and learn more effectively. It offers peak performance through designed movement. Gain a better understanding of each movement, the philosophy behind the Brain Gym program, and how this knowledge can support your daily life routine.

Learn:

- How to do the 26 Brain Gym movements: basic versions, variations with supporting applications
- Explore the 26 movements in-depth and notice the difference they make physically, mentally, emotionally and organisationally
- Brain Gym modifications suited to your particular area of interest or work
- How to do PACE—a 4 step warm-up process that can be done in two minutes for optimal learning and functioning
- How the brain and body work together in a learning loop and what happens under stress
- How to use the Brain Gym movements to easily and effectively support your daily life
- The 4 categories of the 26 movements as they relate to the 3 dimensions of movement: left-right (laterality), top-bottom (centering) and front-back (focus)
- Noticing for self-awareness

DATES **Thurs 16—Fri 17 Jan 2025**

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 **\$450*** (no gst) all notes & materials and morning and afternoon teas. Please note participants will need to purchase the book, 'Brain Gym Teachers Edition' at the course (\$50) or bring yours along if you already own a copy.

PREREQUISITES **None—open to all.** Suitable for use with all ages and abilities.

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

BOOKINGS ESSENTIAL Sending of this form is **essential** for enrolment. A tax invoice and letter of confirmation details will follow. ABN 17 381 090 700

BRAIN GYM 104 JAN 2025 LARA VIC – REGISTRATION FORM

I /We will be attending 16-17 Jan 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

Ph: (03) 5282 5985

Mobile: 0419 569 071

Email: claire@wholebrain.com.au

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