

# BRAIN GYM 104

## THE BRAIN GYM 26 MOVEMENTS IN-DEPTH

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

### Presented by

Claire Hocking

International Brain Gym Instructor and Educational Kinesiologist with over 30 years' experience

This certified, two-day course is designed to introduce the 26 Brain Gym movements in-depth. Brain Gym is a movement program which uses simple, specific movements to integrate the whole brain, senses, and body, preparing you with the physical skills you need to live & 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 routine.

### IN THIS TWO DAY WORKSHOP YOU WILL LEARN:

- ✓ How to do the 26 Brain Gym movements. Explore the movements in-depth and notice the difference they make physically, mentally, emotionally and organisationally
- ✓ Learn Brain Gym modifications suited to your area of interest or work
- ✓ Learn how the brain & body work together in a learning loop and what happens under stress
- ✓ PACE - A 4 step warm up process that can be done in 2 minutes for optimal learning & functioning
- ✓ How to use the Brain Gym movements to easily & effectively support your daily life
- ✓ The 4 categories of the 26 movements as they relate to the 3 dimensions of movement; left-right (lateral), top-bottom (centering) and front-back (focus)

### 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.*

### BRAIN GYM 104 - MAY OR JUNE 2025 IN LARA VIC - REGISTRATION FORM

I will be attending:  **8-9th May 2025**  **7-8th June 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](mailto:claire@wholebrain.com.au) Mobile: 0419 569 071  
Phone: +61 (03) 5282 5985 ABN: 17 381 090 700

**Thurs 8<sup>th</sup> – Fri 9<sup>th</sup> May 2025**

**OR Sat 7<sup>th</sup> – Sun 8<sup>th</sup> June 2025**

**9:30am–5:30pm each day**

**Location:** Lara, VIC **Cost:** \$450 (no GST)

**Pre-requisites:** NONE

*Suitable for all ages & abilities.*

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

**Please note,** participants will need to purchase the book 'Brain Gym Teachers Edition' on the day (\$50) or bring your own copy.

☎ 0419 569 071

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