

BRAIN GYM® IN ACTION

Learn the 26 Brain Gym Movements

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

Relevant for Preschool and Kindergarten, Primary, Secondary, Tertiary Levels and Adult Education

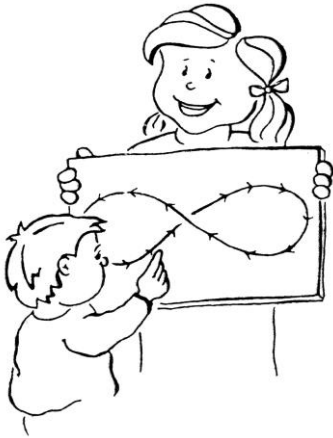
○ **Lara (Geelong)** Saturday 2 April 2022 OR Friday 6 May 2022

A certificate of participation will be issued at the conclusion of the workshop

TIME
COST

9.30 am - 3.30 pm

\$295 (inc gst) includes manual, materials, catering and a copy of Brain Gym Teachers Edition



in This Workshop you will Learn:

- ★ The 26 Brain Gym movement program
- ★ How and why Brain Gym works and the latest brain research
- ★ PACE -a specific sequence of Brain Gym movements that helps your students to settle down, relax, pay attention and effectively 'switch on' to learn and functioning more comfortably
- ★ Different ways you can easily implement Brain Gym into daily routine, including the classroom and curriculum for effective functioning, learning and performance.
- ★ Learn which Brain Gym are most useful for improving concentration, memory, thinking, reading, writing, comprehension, spelling, speaking, listening, maths, sports, PE, music, drama, art, & IT.

Based on neuroplasticity, Brain Gym can bring about dramatic and lasting changes in brain integration. The Brain Gym movements are easy, quick and enjoyable as they "switch-on" areas in the brain that are needed for the day's learning and functioning. They can bring about significant changes in concentration, memory, organization, reading, writing, spelling, maths, communication, speech, vision, hearing, vision, balance and coordination and overall wellbeing. Brain Gym will encourage people of all ages to work towards their full potential. Everyone will benefit from doing Brain Gym.

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

BOOKINGS ESSENTIAL

Sending of 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 by internet banking and credit card/EFT available.
ABN 17 381 090 700

BRAIN GYM IN ACTION - 2022 LARA VIC

I will be attending: 2 April OR 6 May

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

Ph: (03) 5282 5985

Mobile: 0419 569 071

ABN 17 381 090 700

Postal: 10 Greenleaf Drive, Lara, Vic 3212

Email: claire@wholebrain.com.au