

# BRAIN GYM IN THE CLASSROOM



**Presented by**

Claire Hocking

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

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 of the brain that are needed for daily learning & functioning.

Brain Gym will encourage people of all ages to work towards their full potential - Everyone can benefit from doing Brain Gym!


**Friday 30<sup>th</sup> May, 2025**

**9:30am - 3:30pm**

**Cost: \$295 (no gst)**

**Location: Lara, VIC**

You will need a copy of Brain Gym Teachers Edition. **Contact Claire** to arrange to purchase

 0419 569 071

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

## IN THIS INFORMATIVE ONE-DAY WORKSHOP YOU WILL LEARN:



- ✓ The 26 Brain Gym movement program with a focus on education
- ✓ How and why Brain Gym works
- ✓ PACE - a specific sequence of Brain Gym movements that help to settle down, relax, pay attention and effectively 'switch on' to learn and function more comfortably
- ✓ Different ways you can easily implement Brain Gym into daily routine curriculum for effective functioning, learning & performance
- ✓ How to effectively deal with trauma, stress and anxiety using Brain Gym movements
- ✓ How to activate and balance both brain hemispheres to mature effective functioning
- ✓ Learn which Brain Gym movements are most useful for improving concentration, memory, thinking, reading, writing, spelling, comprehension, speaking, listening & maths
- ✓ The Brain Gym to support special needs and neurodiverse children & adults

### 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 IN THE CLASSROOM - 2025 - ONE-DAY WORKSHOP

I will be attending:  **Friday 30<sup>th</sup> May 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

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