

BRAIN GYM IN THE CLASSROOM

ONLINE



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!

Sunday April 6th, 2025
9:30am - 3:30pm AEST
Cost: \$295 AUD (no gst)
Location: ONLINE

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

0419 569 071

claire@wholebrain.com.au

IN THIS INFORMATIVE ONLINE 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 - ONLINE WORKSHOP

I will be attending: **Sunday 6th April 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

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