

# BRAIN GYM FOR NEURODIVERSITY



A **one-day** workshop for child care professionals, educators, pre-school & kindergarten teachers, primary teachers, health professionals, therapists, parents, carers & other interested people. **A certificate of attendance will be issued at the conclusion of the workshop**

Presented by

**Claire Hocking**

International Brain Gym Instructor with over 30 years' experience

Brain Gym can bring about dramatic and lasting changes in brain integration, daily functioning, behaviour, learning and reduces sensory sensitivities and overload. Based on neuroplasticity, Brain Gym promotes more efficient and effective neural connections that switch-on areas in the brain, including maturing executive functioning to improve emotional regulation, focus, and social skills. The movements are easy, quick and effective. Brain Gym helps neurodivergent people feel better and have an increased sense of organisation and control allowing them to better cope with overwhelming and uncomfortable situations. The Brain Gym program can be tailored to meet the unique emotional and cognitive needs of neurodivergent individuals and can be a valuable support to other therapies.

**Wed 30<sup>th</sup> April 2025**  
**OR Sun 15<sup>th</sup> June 2025**

**9:30am – 3:30pm**

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

**Location: LARA, Vic**

*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)

**Learn simple, Brain Gym techniques  
for promoting more efficient &  
effective brain integration**

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

- ★ How and why Brain Gym works so effectively with children and adults, especially those who are neurodiverse, including intellectual, physical, emotional and mental disabilities & disorders.
- ★ Learn movements for assisting Autism Spectrum Disorders, ADD/ADHD, Cerebral Palsy, Downs Syndrome, Dyslexia, PDA, Visual/Auditory Processing Disorders, Dyspraxia, GDD, Sensory Dysfunction, Depression and Anxiety.
- ★ The 26 Brain Gym movements including modifications specifically adapted for neurodiversity, special needs & disabilities.
- ★ PACE - a specific sequence of movements that help neurodiverse people settle down, relax, pay attention and effectively 'switch on' to learn.
- ★ Learn different ways you can easily implement Brain Gym to reduce anxiety, depression & stress.

### 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 FOR NEURODIVERSITY - APRIL OR JUNE 2025 - LARA VIC

I will be attending:  **Wed 30<sup>th</sup> April 2025**  **Sun 15<sup>th</sup> 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:

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