



VISION CIRCLES

3 Day Certificate Course

This certified 24 hour basic course in Educational Kinesiology is fully accredited by the Australian Kinesiology Association and the International Educational Kinesiology Foundation

Vision Circles® is a unique natural vision improvement program that is part of Educational Kinesiology. The eight Vision Circles balances each of the developmental stages as related to vision through movement, play and art. Vision Circles offers enhancement through activities which integrate vision and nourish perceptual flexibility. Students experience expanded visual, auditory, tactile, kinaesthetic and abstract thinking skills.

Pre-requisites

Brain Gym 101 is the pre-requisite for this course.

This course is one of the optional 24 hour courses for training to become a Brain Gym instructor, and compulsory training for the advanced Creative Vision course. This Vision Circles course is taught in over 180 countries around the world.

Course Content

This 24 hour course demonstrates how you can apply the Vision Circles balance processes and Vision Gym movement program to improve your own vision and that of others. Participants will learn the 34 Vision Gym movements for integrating sensory awareness, memory & information processing. The Vision Circle balances help to relax the eyes, activating the various physical (vestibular) balance functions while integrating and stabilizing the body in space and gravity. The Vision Circles also help to coordinate visual, auditory, tactile and kinesthetic skills with all our senses. The Vision Gym activities can be implemented on their own and/or are easily combined with the Brain Gym movements.

Who will benefit from Learning Vision Circles?

Brain Gym is very safe and easy to use and will be of benefit to:

- Teachers/Educators to help students 'switch on' for improved vision, learning and behaviour – childcare, preschool, primary, secondary, tertiary & adult education
- Students wishing to perform better in their studies
- Professionals and business people aiming to improve morale, productivity, and organisation
- People working in health, medicine, counselling and allied professions
- Aged care professionals – diversional therapists, wellbeing coordinators, personal carers, activities & recreation personal
- People of all ages who are wanting to enhance their vision and learning skills
- People who wish to add an extra skill to their existing profession

In this course you will learn

- The role of vision and visual processing in everyday functioning and learning
- The 34 Vision Gym movement program
- SPACE —a specific sequence of Vision Gym® movements to improve visual skills
- The physiological basis of vision circles and supporting brain research
- Eight Vision Circles Balancing Techniques
- A Gravity Balance
- When to use Vision Gym for yourself and with others
- Learn which sets of Vision Gym® are most useful for improving: visual processing, concentration and focus, memory, reading, writing, spelling, maths, convergence, eye teaming (binocular vision), visual flexibility, tracking, near vision, near and far vision, eye-hand coordination, visual eye-body coordination, visual memory, visualisation, peripheral vision, depth, colour and dimension.

About your Vision Circles Instructor



Claire Hocking is an experienced International Educational Kinesiologist, Brain Gym Instructor and Vision Circles Instructor, for the past 20 years. Claire has a private clinic in Lara, Victoria. She has successfully used Educational Kinesiology, Brain Gym and Vision Gym in schools as a primary and secondary, music and a special needs teacher and in businesses and in aged care settings. Claire regularly teaches Brain Gym and Educational Kinesiology workshops both nationally and internationally.

For more information contact:
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