

Brain Gym® (101) 4 day course

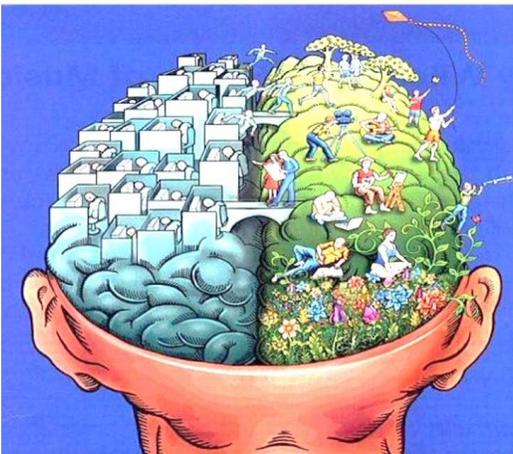
Experience whole-brain integration through whole body neuro-muscular developmental movement. Learn **twenty-six Brain Gym® movements**, the **Edu-K five step Balance Process**, and the **Three Dimensional & Dennison Laterality Re-patterning**.

Discover a permanent tool for reaching personal goals. A course for students, teachers, parents, artists, athletes, health care practitioners and business professionals. Open to all! We begin by exploring ways to integrate left and right brain hemispheres, leading to greater ease in activities that involve crossing the axis such as reading, writing, listening, movement and daily life skills. In addition to the laterality dimension of the brain, two further dimensions are explored: centering and focusing.

Date : updated class dates will always be announced on the website!
9 am - 4 pm at my Clinic in Thornlie, 73 Lyrebirdway

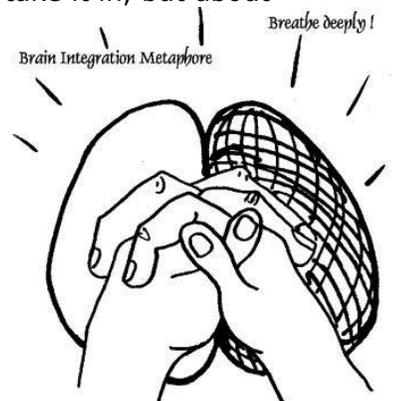
Cost: \$ 660 per person. This includes the Brain Gym® Course Manual, lots of additional Notes and ongoing support. (incl. snacks, tea & coffee **Registration form is at the end of this document!**)

“Movement is the door to learning” Paul Dennison PhD
Discovering a child’s potential using Brain Gym®



Everyone can learn. There are no problem learners, only problem learning programs and systems. With proper learning techniques, learning can be a pleasure, even for those facing difficult learning challenges. If we teach to the way children learn best, through movement, play and language expression, we achieve better results. We discover that no matter how many times we repeat a learned task, if a better way is presented, we can learn that way, and a new pattern is developed. This is true learning! The results bring better health and wellness, intelligence, and more fulfillment, joy and happiness to parents and children. It is vital to realize is that, for educators, effective teaching isn't about presenting the information and letting the student passively take it in, but about connecting the information to the movement of the body in an active way."

Learning is that magical thing that takes place in a split second and changes us forever.



International award-winning learning expert **Paul E. Dennison, Ph.D.** Dr. Dennison, who received his doctorate in education in 1975 from the University of Southern California for his research on reading and cognitive

development, is the founder of the **Brain Gym Program**.
program has received astonishing worldwide media attention.

One article in Woman's World talks about how beneficial the Brain Gym program is for those who are stressed or forgetful. It states by following these simple techniques, you can give your brain a workout and help achieve a calmer you.

Dorothea Bassett, a professional Kinesiologist from Perth WA states, "Brain Gym is so easy, anyone can do it. And it works!

You will remember everything and get more done. It definitely made my brain work better"

This
One
In fact

Who benefits from using Brain Gym exercises? Everyone.

For students and educators they can experience increased levels of focus, organization, communication, self-confidence and positive attitude towards learning and then the added bonus of 20 to 50% higher test scores. Parents and clinicians benefit as well, as it directly impacts readers' motor, cognitive, behavioral, emotional, visual, and reading skills. Business professionals benefit, as it is a highly effective performance management tool, which empowers individuals to thrive in the workplace, increasing employee satisfaction and productivity.



The lessons, such as co-ordinating your brain and body together to "walk your talk," help people think and communicate clearly, improving individuals' memory, focus, organization, and concentration. Brain Gym is now practiced in more than eighty countries' schools across the world. Teachers and their pupils benefit from the Brain Gym tools, as everyone can experience

increased levels of focus, organization, communication, and self-confidence, along with positive attitude towards learning.

So how does the Brain Gym Program work?

This movement-based system introduces simple physical activities to enhance a learner's ability to process information, and effectively respond.

The Brain Gym learning program is based on five basic premises known as the Five Principles of Educational Kinesiology.

These include:

- 1) Draw Out: Intelligence Is Inborn
- 2) Focus: Attention Follows Intention
- 3) Notice: We learn what We Actively Experience
- 4) Move to Learn: Growth Is a Search for Balance, and Imbalance a Search for Growth
- 5) Interconnect: Each One of Us Is Affected by Every Other

Brain Gym was created to assist people in all facets of daily life. Brain Gym is also based upon three simple premises:

- 1) Learning is a natural, joyous activity that continues throughout life.
- 2) Learning blocks are simply an inability to move through the stress and uncertainty of a new task.
- 3) We are all learning-blocked to the extent that we have been conditioned to inhibit our movements.



Paul Dennison's newly published book " Brain Gym and me" received rave reviews from many American newspapers and teaching journals, where it was stated that "Brain Gym should be mandatory reading for all teachers, as Dennison has successfully returned the pleasure of reading by presenting his lessons in an easy-to-understand format.

Course Registration Form

Please print off & mail this page with your registration fee

To Dorothea Bassett 73 Lyrebird way Thornlie 6108

Yes! Please register me for the course

Name , Surname: _____

Address _____

Suburb _____ Post Code _____

Daytime Phone _____

Email _____

Date: BG 101 4 day

This fee includes the BG101 course manual and course text, Brain Gym Teacher's Notes.

Certificate of achievement. Graduates of this course may repeat for half price. Please bring all your own materials with you from your previous course.

Course fee: \$ 660.00 - early bird : \$600 (if paid 1 month in advance)

Brain Gym is a registered trademark of the Educational Kinesiology Foundation, Ventura, California -
www.braingym.org

Note: All deposits are non-refundable unless we reschedule.

This course may be fully Tax deductible as Professional Development.

Please e-mail your registration to Dorothea.bassett@gmail.com and send a direct transfer by internet banking onto Account # 3849 7984 BSB 923 100 ING direct

I am looking forward to having you in the course!

If you have any enquiries, please feel free to call or e-mail me

