



# Brain Gym® 101 Course

**Date:** Please refer to the relevant actual date as advertised!

**Time:** 9am – 5pm

**Pre-requisites:** None

**Investment:** \$660 \$610 early bird

**Contact :** Dorothea Bassett - [dorothea.bassett@gmail.com](mailto:dorothea.bassett@gmail.com)

**Venue:** 73 Lyrebird way Thornlie 6108

## Brain Gym® 101 course application Form

Please enroll me for **Brain Gym® 101** \_\_\_\_

**Course date:** \_\_\_\_\_

**\$100 Deposit:** \_\_\_\_ to secure your place

**Early bird:** \$610\_\_\_\_ (paid 20<sup>th</sup> September)

**Full Payment:** \$660 \_\_\_\_\_

**Repeat:** \$330 \_\_\_\_\_

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Tel: (H) \_\_\_\_\_ (Mobile) \_\_\_\_\_

**Direct Payment into:** Westpac Bank **BSB:** 036 031

**Cheque Acc. No.:** 153629

Dorothea Bassett LIVE AND LEARN

Please state **family name** and **BG 101** in for section.

**EMAIL** the filled in form to [Dorothea.bassett@gmail.com](mailto:Dorothea.bassett@gmail.com)

And **inform me** of the direct payment amount.

### Brain Gym® 101 includes:

#### **PACE**

4 steps to prepare us for learning by enabling us to be more **Positive**, ready for **Action**, **Clear** in our thinking and **Energetic**.

#### **The 5 Step Balance**



This powerful process links a goal of one's choosing to the abilities needed to achieve it.

**Action Goal Balances** for Vision, Hearing, Writing, Positive Attitudes and Whole Body Co-ordination are taught.

## **26 Brain Gym Activities**

These simple physical movements improve such skills as auditory processing, reading, writing, concentration, memory, math and communication. Enjoy gains in productivity, creativity, energy levels and athletic performance.

### **Integration of the Three Dimensions of the Brain:**

**Laterality** - for improved communication and processing of information

**Centering** - to be grounded, emotionally stable and organized

**Focus** - able to concentrate on the details, keep perspective and comprehend

### **Dennison Laterality Repatterning and Three Dimensional Repatterning**

Integrates the brain; enabling one to shift mental gears from reflexive action to more conscious, balanced thinking and behaviour.

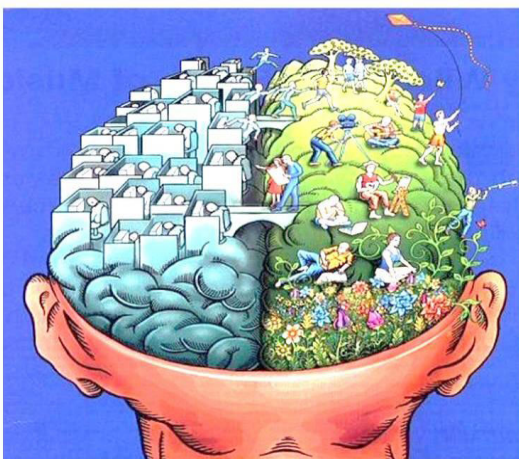
## **Recommended for:**

- **Teachers**, after school tutors, Special ED teachers and teachers' aides
- **Parents**, occupational therapists, physiotherapists and speech therapists
- **Students** studying at TAFE, University and mature age students
- **Sports coaches** and **athletes** wanting to improve performance & accuracy
- Beneficial for **autism, dyslexia, auditory processing, CP, ADHD/ADD**
- **Musicians** and **artists** to improve creativity and fine motor skills

Brain Gym® is the registered trademark of the Educational Kinesiology Foundation, Ventura, California USA

**“Movement is the door to learning” Paul Dennison PhD**

Discovering a child's potential using Brain Gym®



Every child and adult 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 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**.

This 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.

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

It can teach you how to feel calmer at home  
You will remember everything and get more done. It definitely made my brain work better"

### **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 coordinating 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.



- 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.

**Recently 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.**