



Brain Gym Course

Brain Gym® in Action 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**.

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.

Short introduction to 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

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

Please register asap Thank you!

Course fee is \$ 150 per person - receipts will be issued upon arrival of funds on my account by direct transfer - internet banking onto Account #153 629, BSB: 036031 , Westpac

PLEASE SEND YOUR REGISTRATION FORM [BY EMAIL](#)



together with the receipt of your transferred course fee.

Course Registration Form

Please print off fill in this form

Please register me - DATE (as currently advertised).....

Name (please print clearly) _____

Address _____

-

Suburb _____

Post Code _____

Daytime Phone mobile _____

Email _____

Course fee includes a Certificate of achievement.

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

This course may be fully Tax deductible as Professional Development.

I am looking forward to having you in the course

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

Dorothea Bassett