

The Thinking Body

Move

Learn

Grow

Brain Gym® 101

Presenter Julie Gunstone



Julie has been an Educational Kinesiologist for the past twenty years. She has a practice, The Thinking Body, in Melbourne, Australia.

As a member of Faculty for the International Educational Kinesiology Foundation, Julie teaches in Australia and overseas, the various courses for people wishing to become professionally qualified as Brain Gym Consultants/Instructors.

In Australia, she takes Brain Gym into the classroom teaching both teachers and students how to use Brain Gym to improve learning readiness.

She has received awards from Brain Gym International, and The Australian Kinesiology Foundation for her contributions to Kinesiology. She is currently the Chairperson of International Faculty.

You can contact Julie by:-

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Email :thinkingbody@optusnet.com.au

www.thinkingbody.com.au

Part of the Professional Training track to become a qualified Brain Gym Instructor/Consultant Accredited with the Australian Kinesiology Association

This 32 hour course demonstrates how you can apply the **Brain Gym®** movement program to benefit yourself and others. Learn techniques that can be important resources for life.

You will learn:

- The role of movement in learning
- The **Brain Gym®** movement program
- Why **Brain Gym®** movements work
- Kinesiology techniques
- Two Repatterning sequences
- When to use **Brain Gym®** for yourself and with others
- The powerful five step balance process
- **Specific balances for improving:**
 - Reading, writing, spelling, math
 - Organisational skills
 - Attention and comprehension
 - Stress reduction.

No Prerequisite

Brain Gym® 101 is the required pre-requisite course for ongoing training in Educational Kinesiology (Edu-K)

DATES FOR 2012:

25,26 February & 3,4 March

9-12 July

7,14,21,28 October

FEES:

\$660 Full Fee/ \$395 if reviewing.

GST included in fee.

Full fee includes manual and workbook.

TIMES: 9AM- 5PM

LOCATION: Balwyn

Book your place by sending a deposit today. Registration form overleaf.

A word from those who have attended the Brain Gym® 101 course:

"The course was enriching and valuable and will help me with life. I now have the ability to achieve the goals I set in life."

"Some thought provoking information. Great hands on stuff to use. Actually felt revived by the end of the session."

"This is a great course, anxious to put it into practise. Wish the course could have been longer."

"Very practical, has direct implications for classroom teaching. I can see that it will be beneficial for my students."

Training in Brain Gym®/Edu-K

There are a number of courses in the Brain Gym®/Edu-K program that allow you to gain more understanding of the work. Training is available to become an accredited Brain Gym® Instructor and Consultant. The Brain Gym® program is fully accredited with the Australian Kinesiology Association and Brain Gym® International

It just takes 4 steps to complete.

1. Complete Brain Gym 101 twice and case studies .

2. Complete 3 courses:

1. **Optimal Brain Organisation** (a required course)
2. **Kinesiology based Anatomy and Physiology Course – Touch for Health** is one option that is readily available in Australia. Touch for Health 1 is a minimum requirement. Touch for Health 2 to 4 are recommended but not required.
3. **Edu-K Foundation course - Visioncircles** is one option that is readily available in Australia.

3. Complete the Edu-K In Depth course and case studies

4. Complete the Brain Gym® Teacher Practicum

A more detailed training brochure is available from Julie or check out www.braingym.org.au

REGISTRATION FORM BRAIN GYM 101

Please find enclosed a \$100 deposit or full payment of \$660 \$395 Review Fee

Please book me a place in the Brain Gym 101 course on:

- FEBRUARY 25,26 and MARCH 3,4 JULY 9-12
 OCTOBER 7,14,21,28

Name:

Address:

Postcode

Phone: H W M

Email:

If Reviewing please supply copy of attendance certificate for the Brain Gym 101 course you attended.

Total enclosed \$ (\$100 deposit will secure your place. \$50 non refundable)

PAYMENT METHODS

Cheque/money order payable to: The Thinking Body ABN 66 125 430 371

Post to: Julie Gunstone 45 Cypress Avenue Glen Waverley Vic 3150

Direct Debit

Commonwealth Bank BSB 063303 A/C 10064693

Account Name: The Thinking Body.

Please include your name in the reference

Email details of Direct Debit and registration information to Julie at - thinkingbody@optusnet.com.au

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