

Facilitator: Julie Gunstone Educational Kinesiologist



**Julie has been an Educational Kinesiologist for the past twenty years. She teaches internationally and has a practice in Mt Waverley, *The Thinking Body*.**

*Julie conducts regular Edu-K workshops and in-services for educators, parents, health professionals and people interested in personal development.*

*As a member of Faculty for the International Educational Kinesiology Foundation, Julie teaches various Edu-K courses that are part of the professional Edu-K Training program as well as introductory and advanced courses:*

- **Brain Gym 101®**
- **Visioncircles**
- **Optimal Brain Organisation** (*formerly called Brain Organisation Profiles*)
- **Edu-K In Depth**
- **The Brain Gym Teacher Practicum**
- **Visioncircles Teacher Training**
- **Double Doodle Play**

*The courses you need to take to become a qualified Brain Gym Instructor / Consultant are as follows:*

**Step 1 - complete Brain Gym 101. Brain Gym 101 is to be done twice and there are case studies to complete**

**Step 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.*

**Step 3 - complete the Edu-K In Depth course and case studies**

**Step 4 - complete the Brain Gym Teacher Practicum**

**A more detailed training brochure is available  
- email or phone Julie if you would like to receive a copy.**

## Courses at a glance

*Dates are subject to change without notice.*

Name of course	Date	Place	Cost	Repeat
Brain Gym 101	June 29,30, July 1,2	Mt Waverley	660	330
Brain Gym 101	October 17,18,24,25,	Mt Waverley	660	330

### OPTIMAL BRAIN ORGANIZATION

**Pre-requisite: Brain Gym 101**

Optimal Brain Organization	August 15,16,22,23	Mt Waverley	480	240
Optimal Brain Organization	August 28-31st	Sydney	480	240
Optimal Brain Organization	November 21,22,28,29	Mt Waverley	480	240

### VISIONCIRCLES

**Pre-requisite: Brain Gym 101**

Visioncircles™	May 30,31 June 13,14	Mt Waverley	550	275
Visioncircles™	November 7,8,14,15	Mt Waverley	550	275

### EDU-K IN DEPTH

**Pre-requisite: Brain Gym 101**

Edu-K In Depth	July 6-10	Mt Waverley	880	440
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### BRAIN GYM TEACHER PRACTICUM

**Pre-requisites: Brain Gym 101, OBO, Visioncircles, Edu-K In Depth and all case work.**

Brain Gym @Teacher Practicum	Oct 31 Nov 1,2,3	Sydney	880	440
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### DOUBLE DOODLE PLAY

**No Pre-requisite required.**

Double Doodle Play – 1 day	May 24	Mt Waverley	180	95
Double Doodle Play - 2 days	June 26 and July 24	Deer Park	330	175
Double Doodle Play – 2 days	July 18-19	Mt Waverley	330	175
Double Doodle Play – 2 days	September 5-6	Mt Waverley	330	175
Double Doodle Play – 2 days	June 20,21	Sydney	330	175
Double Doodle Play 2 days	Date to be announced	Brisbane	330	175

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# Brain Gym® 101

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 physiological basis of **Brain Gym**
- Kinesiology techniques
- When to use **Brain Gym** for yourself and with others
- Specific balances for improving reading, writing, spelling, math, organisation skills, attention and comprehension, coordination of movement and stress reduction
- The **Brain Gym** movement program
- Why **Brain Gym** movements work
- Two Repatterning sequences
- The powerful five step balance process

*There are no pre-requisites for this course.*

*Brain Gym 101 is the required pre-requisite for ongoing training in Edu-K*

<b>During School Holidays:</b> June 29,30 plus July 1 & 2	<b>Over 2 weekends:</b> October 17,18,24,25,
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**Times:** 9am - 5pm

**Fee:** \$660/\$330 review (includes GST)

**Venue:** 36 Torroodun St Mt Waverley (Melway Map 70 G5)

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Please book me ..... places in **Brain Gym 101** on .....

Name/s: .....

Address: .....

..... Postcode .....

Phone: H ..... W ..... M .....

Email: .....

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

**Please make cheque/money order payable to The Thinking Body**



# Optimal Brain Organisation

Optimal Brain Organisation (formerly Brain Organisation Profiles) follows on from the *Brain Gym 101* course introducing brain dominance and how brain organisation changes under different circumstances. An extremely useful course for teachers and anyone associated with learning and training. It provides essential information for Edu-K consultants working with children.

Open to all who have taken *Brain Gym 101*.

*This is a required course for anyone training to become a qualified Brain Gym Instructor/Consultant.*

## You will learn:

- The dynamic brain model
- How to interpret a brain organization profile
- The concepts and ways to determine hemispheric specialisation
- Four simple and dynamic procedures for effectively applying the latest information on dominance to the learning process.

## DATES

Mt Waverley	Sydney
1. August 15,16,22,23 2. November 21,22,28,29	August 28-31 <sup>st</sup> (download pdf flyer)

**Times:** 9am - 5pm

**Fee:** \$480/\$240 (includes GST)

**Venue:** Melbourne: 36 Torroodun St Mt Waverley (Melway Map 70 G5)

Please book me ..... places in **OBO** on .....

I did **Brain Gym 101** with ..... on .....

Name/s: .....

Address: .....

..... Postcode .....

Phone: H ..... W ..... M .....

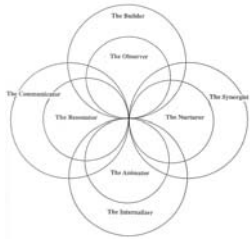
Email: .....

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

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Facilitator: Julie Gunstone Educational Kinesiologist

# Visioncircles™



Visioncircles is an opportunity to explore your visual, auditory and sensory awareness through movement, play, art and the Edu-K balance process.

Visioncircles introduces you to Vision Gym, 32 movements for integrating sensory awareness, memory and information processing. You will also learn new uses for Brain Gym for increased awareness.

Open to all who have taken *Brain Gym*.

This course considers eight areas of development and helps you explore areas that may have been blocked or compromised during childhood. It presents *Vision Gym™* activities and new use of *Brain Gym* for visual, auditory and kinesthetic awareness, repatterning of primary perceptual skills, experiential play and art and visualisation to expand your horizons.

## DATES

1. May 30,31, June 13,14      2. November 7,8,14,15

Times: Days 1,3,4 9am - 5pm    Day 2 1pm - 8pm

Fee: \$550/\$275 (includes GST) includes all course materials

Venue: 36 Torroodun St Mt Waverley (Melway Map 70 G5)

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Please book me ..... places in Visioncircles on .....

I did Brain Gym 101 with ..... on .....

Name/s: .....

Address: .....

..... Postcode .....

Phone: H ..... W ..... M .....

Email: .....

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

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# Edu-K In Depth

## Seven Dimensions of Intelligence

This five-day training builds from Brain Gym with a simple yet comprehensive approach to learning that respects the individual's integrity while creating positive changes from a causative level. **Pre-requisite is Brain Gym 101.**

- **Explore** and transform learning difficulties and hidden agendas for failure.
- **Improve** communications, coordination, and organization within the brain and body.
- **Learn** techniques in acupressure, movement re-education, vision training and emotional balancing.
- **Create** immediate and cumulative benefits for yourself and others.
- **Experience** a breakthrough in success and relationships.

**Increase** your understanding of **Laterality, Centering and Focus Dimensions**

**Add four new dimensions of brain/body integration:**

**Motivation** - the relationship of motivation and language acquisition. Hidden agendas for failure.

**Rhythm** - the understanding of cranial movement and its relationship to learning and expression.

**Inspiration** - change the breath-holding reflex to breathing that supports learning and growing.

**Self-Management** - create the appropriate brain chemistry to enhance learning in any situation.

## DATES

**July 6-10 Mt Waverley**

**Times: 9am - 5pm**

**Fee: \$880/\$440 Repeat (includes GST) includes all course materials**

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### REGISTRATION FORM

Name: .....

Address: .....

..... Postcode .....

Phone: H ..... W ..... M .....

Email: .....

I completed Brain Gym 101 with ..... on / /

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

*Please make cheque/money order payable to: The Thinking Body*

# Brain Gym Teachers Practicum

**The Brain Gym® Teacher Practicum course prepares and qualifies you to teach Brain Gym® 101 and be an Edu-K consultant.**

In receiving your Practicum certificate you will be accepted as a member of a worldwide network of qualified instructors of the Brain Gym course and Edu-K Consultants working with individuals and groups. The Practicum certificate acknowledges that you have completed all the steps in your training as well as completing all the Brain Gym Teacher Practicum course requirements.

## Practicum Course Requirements

It is expected that students at the Practicum course will demonstrate an understanding of the Brain Gym materials and, by the end of the course, demonstrate the ability to share this information with others.

**Should the instructor of the course consider any student lacks a basic understanding of the materials that student may be asked to do some further work before receiving a Practicum certificate.**

Come prepared to have fun practicing to teach the Brain Gym® 101 course.

As several changes have been made over the years, it is recommended that Brain Gym instructors, who became qualified prior to 1999, repeat the B.G. Teacher Practicum to stay current.

Attached is a form to fill out for the pre-requisites. Please return Pre-requisite form with your registration form.

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**DATE: October 31, November 1,2,3 Sydney**

**COST: \$880 / \$440 review**

**SYDNEY CONTACT: Jayne Bernstam 0414 876 372**

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## REGISTRATION FORM

Name: .....

Address: .....

..... Postcode .....

Phone: H ..... W ..... M .....

Email: .....

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

I have completed all the pre-requisites

*Please make cheque/money order payable to: The Thinking Body*

## Pre-requisites to be completed before taking the Practicum.

Please check off all the pre-requisites you have completed and attach to your registration form.

Name: .....

<i>Name of course</i>	<i>Date Taken</i>	<i>Instructor</i>	<i>Location</i>
<input type="checkbox"/> Brain Gym 101 course twice	1. 2.	1. 2.	1. 2.
<input type="checkbox"/> 4 BG case studies			
<input type="checkbox"/> Optimal Brain Organisation (formerly Brain Organisation Profiles)			
<input type="checkbox"/> Edu-K In Depth			
<input type="checkbox"/> 3 In Depth Case Studies			
<input type="checkbox"/> In Depth questions			
<input type="checkbox"/> <b>Other Edu-K course/s</b> eg: <b>Visioncircles</b> or courses that are either fully accredited or in pilot stage with the Edu- K Foundation. Check the Foundation website for details. <a href="http://www.braingym.org">www.braingym.org</a>  (required minimum of 15hrs)			
<input type="checkbox"/> Touch For Health 1 or Physiology of Learning  or In Sync 1 ( <b>formerly Sensory Integration</b> )			

Three weeks prior to the course please send to me:

- A) **The pre-requisite form** completed with
- B) **3 Case studies** (i.e. 2 In Depth Balances with each student/client = 6 balances)
- C) **Answers to In Depth Questions** (at the back of the In Depth manual)

# Double Doodle Play

## No pre-requisites required

- Have fun for yourself while learning ways to assist your children at home and in the classroom to improve their focus, sustain attention for reading, writing and maths.
- Double Doodle Play is an enjoyable, kinesthetic experience of art, expanding on the Double Doodle exercise from Brain Gym®.
- Double Doodle Play helps to integrate both sides of the brain.
- Experiment with different mediums — crayons, pastels, watercolour pencils and paints — as you explore a variety of ways to draw with two hands simultaneously.

### People experiencing Double Doodle Play have noticed:

- Improved focus and concentration
- Ability to read longer and comprehend easier
- Ability to listen and write at the same time.
- Improved spatial awareness and depth perception
- Improved visual skills

*"Double Doodle Play has opened up my artistic vision, its simple techniques bring a whole new meaning to the Brain Gym® activity of Double Doodle. "*

*Julie Gunstone*

## MELBOURNE DATES

Day 1 June 26

Day 1 July 18

Day 2 July 19<sup>th</sup> (optional)

Day 1 Sept 5

Day 2 September 6<sup>th</sup> (optional)

Times: 9am - 5pm

Fee: Day 1 \$180 only

Day 1 & 2 \$330 (includes GST and all course materials)

Venue: 36 Torroodun St Mt Waverley (Melway Map 70 G5)

I would like to attend Day 1 only

I would like to attend Day 1 and 2

Name/s: .....

Address: .....

Postcode .....

Phone: H ..... W ..... M .....

Email: .....

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

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