

# The Thinking Body

Move

Learn

Grow

*Attention Teachers and Parents  
Discover how to switch on your brain and have fun at the same time with*

## Double Doodle Play

Open to all - no pre-requisite required



### 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](mailto:thinkingbody@optusnet.com.au)**

**[www.thinkingbody.com.au](http://www.thinkingbody.com.au)**

### Parents and children welcome

- Open up your creativity.
- Have fun for yourself while learning ways to assist children in the classroom and your children at home 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

### No Pre-requisite

**DATES:** JULY 5th or SEPTEMBER 27th  
**TIMES:** 9am - 4 pm  
**FEES:** \$180 includes GST. All art materials and manual supplied.  
\$90 for a child. Must be accompanied by an adult.  
**LOCATION:** Balwyn

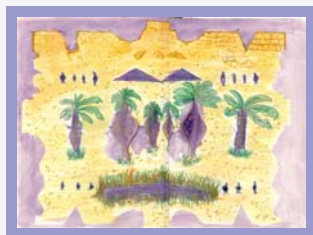
**Book your place  
by sending a  
deposit today.**

**Registration  
form overleaf.**

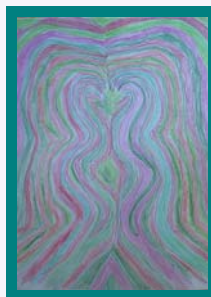
Some examples of drawing with 2 hands:



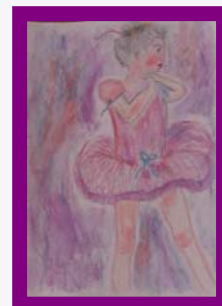
Diagonal Doodle



Stencil background



Meandering topography



Drawing an image

*“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*



## REGISTRATION FORM DOUBLE DOODLE PLAY

Please book me .....place/s in the **DOUBLE DOODLE PLAY WORKSHOP**:  July 5th  Sept 27th

Please find enclosed

- \$50 non-refundable deposit to secure my place
- Full payment of \$180 adults /\$90 per child
- \$120 Review Fee

Name/s: .....

Address: .....

..... Postcode .....

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

Email: .....

If Reviewing please supply copy of attendance certificate for the VISIONCIRLCE course you attended.

Total enclosed \$.....

## 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](mailto:thinkingbody@optusnet.com.au)