

Expression of Interest

Will you be attending Movement Exploration 1 with Carol Ann Erickson in September 2009?

In order to organise flights, venues etc I need to know if it is viable to bring Carol Ann to Australia and whether I organise one venue or two. For it to be viable we need a minimum of 16 students for a course to run.

Movement Exploration 1 is an experiential course where participants explore the developmental sequence of movement from conception to the present. Students learn to integrate movement patterns and reflexes. The course provides a deeper understanding of the importance of integrated movement, the role of play in learning, and the connection of brain and body. This course transforms our experience of life. Carol Ann uses exploration, play, movement education and Educational Kinesiology to help discover the richness of our personal ability.

Throughout the course, we will build new observation and assessment skills for the understanding of learning challenges. *For further information see page 2.*

ABOUT THE PRESENTER Carol Ann Erickson. Over the past twenty years, Carol Ann has successfully brought her 35 years of experience in movement and education into the various Brain Gym programs she teaches. She is a skilled and inspiring teacher. *For further information see page 3.*

IMPORTANT DETAILS:

1. The course is 4 days and cost is \$660 (\$375 review)
2. Pre-requisite: Brain Gym 101
3. Secure your place by paying a \$100 deposit - \$50 non-refundable if course proceeds. Full refund if course is cancelled.
4. **Dates – September school holidays:**
Brisbane – 1st week – September 24-27 Melbourne – 2nd week – Oct 1-4
5. **Let me know April 30, so that a decision can be made.**

EXPRESSION OF INTEREST FORM

I would attend in Melbourne Brisbane Melbourne if only available venue

Name:

Phone: H M

Email:

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

Post to: Julie Gunstone 36 Torroodun St Mt Waverley 3149

EFT: Direct Debit: Commonwealth Bank BSB 063303 A/C No 1006 4693

Account Name: The Thinking Body. Please include your name in the reference and email details of Direct Debit: thinkingbody@optusnet.com.au

MOVEMENT EXPLORATION 1

What develops after the reflexes?

Understand movement from the developmental perspective.

Movement Exploration 1 links **Brain Gym 101** with our earliest stages of movement. This course combines the reflexes that build our daily life patterns of living learning and moving with an in-depth experience of the basic movement patterns from pre-birth to present time.

Somewhere in our development, we may have skipped or not finished integrating a basic movement pattern. This course will explore how reflexes synergise together and what happens when they come together and whether we move from repetitive non-integrated/stuck or integrated/ease patterns. Using the Brain Gym balance format deepens the level of integration of each development pattern.

In this four-day course we will:

- Learn why the Brain Gym movements are developmentally based.
- Explore the basic movement patterns, which are the underpinnings for learning.
- Reveal patterns that build crosscrawl, and the 3 dimensions.
- Experience what makes us move the way we do, and what blocks us from reaching our full potential.
- Discover how we can absorb new learning at any stage in life, and understand why learning difficulties occur.
- Increase understanding of the Brain Gym movements, and repatterning.
- Improve coordination, balance, strength and flexibility.
- Learn to communicate the benefits of movement easily to others.
- Enrich our understanding of Brain Gym – noticing, goal setting, brain development and movement patterns, core activation, gears for learning, dimensions and more.

For the classroom teacher, gain a new understanding of the implication of body postures and behaviours demonstrated by students in the classroom - how unintegrated movement patterns play out in the classroom.

For the physical educator and coach, gain a new understanding for the lack of physical and mental performance - how unintegrated movement patterns play out in the sports field.

Movement Exploration 1 is the pre-requisite for Movement Exploration 3.



ABOUT THE PRESENTER – Carol Ann Erickson

Recognized for outstanding achievement by the Educational Kinesiology Foundation of North America, Carol Ann consults privately with children, teens, adults, families, athletic teams, and various other groups. She has over thirty years' experience as a private instructor and public school teacher at the elementary, secondary, and post-secondary levels. Along with teaching comes a strong background of thirty-five years' coaching experience at all levels, from recreational to Olympic athletes.

Carol Ann has been a guest speaker and clinician at high schools, colleges and recreational youth programs, both in the U.S and internationally. Drawing on her extensive background, Carol Ann has designed innovative programs to integrate Educational Kinesiology into schools, occupational and physical therapy programs, homes, athletic programs, and work places. These programs provide the tools for group, team and individual improvement in stress management, communication, self-esteem, cooperation, academic skills, comprehension, memory, and whole-body movement.

She teaches Brain Gym® Introductory Workshops, the Brain Gym 101 Course, Optimal Brain Organization, and Visioncircles. She is the co-creator of Brain Gym® for Educators and the Brain Gym® for Educators Instructor's Course. Over the past eighteen years, Carol Ann has successfully used Brain Gym together with her specialized skills and knowledge with educators and athletes. She has also contributed to the ongoing development of the various course manuals in the Brain Gym core curriculum.

She has organised her Movement Exploration work into an Educational Kinesiology certification track. The first five courses in this track, Brain Gym® for Movement, Dance, and Sports Performance and Movement Exploration I thru IV, provide new insight and tools to enhance movement and learning performance.

Carol Ann's passion for bringing educational opportunities to those in need has led to her involvement in the Educating Ecuador project. She donates her time and skills to organise and deliver the Brain Gym core curriculum to teachers and parents. Through her involvement many underprivileged children in Ecuador are now benefiting from Brain Gym®. She is also responsible for recruiting volunteer teachers in the various Brain Gym core curriculum to give their time and skills to assist in the project. For those who have been able to volunteer it has been a wonderfully rewarding experience.