

## One day Professional Development Program: Brain-Gym in Action

Designed to instruct teachers in a short concise form, giving an overview on the activities.

Ideal for teachers, adult students and parents, who have never had any experience with Brain-Gym and want to learn more. Recommendable as well for all educators, who would like to update their knowledge and apply it successfully in class!

### In this workshop you will learn:

- How and why Brain-Gym works
- The main Brain-Gym movements
- PACE — a specific sequence of Brain-Gym movements that helps your students to settle down, relax, pay attention and effectively 'switch on' to learn
- Different ways you can easily implement Brain-Gym into the classroom.
- Learn which sets of Brain-Gym are most useful for improving reading, writing, spelling, speaking & listening, maths, sports, PE, music, drama, art, & key boarding.

By using the **Brain-Gym movements regularly** your students will be:

- more settled
- more receptive
- more responsive
- ready to listen and learn

### So... You see too many students, who are:

- Tired, can't concentrate, are fuzzy minded..
- Not focused or easily distracted...
- Have difficulties with reading, writing and spelling?
- Show symptoms of ADHD, Dyspraxia, Dyslexia?
- Are you challenged by your students' behavioural problems? Need coaching?



### Give Brain-Gym® a go!

**BrainGym® is a series of simple and enjoyable movements that we use with our students in Educational Kinesiology to enhance their experience of whole-brain learning.**

Through movement re-patterning and Brain-Gym® activities students learn to **integrate all brain functions** to process information smoothly and effortlessly. The changes in learning are often immediate and profound, as students discover how to easily **receive information and express themselves simultaneously**.

A White House committee in the USA has named Brain-Gym® one of the top two innovative methods for taking learning into the next century.



## Dorothea Bassett

**Professional Kinesiology Practitioner Touch for Health and Brain-Gym® Instructor**  
(AKA certified Practitioner)  
Workshop Facilitator & Course author, Cert. Physiotherapist

Dorothea is a German Physiotherapist by background, who qualified 1979 in Berlin. She established a practice in Appecross in 1999. In Germany she ran her own practice for Sports-Physiotherapy and Kinesiology specializing in Sports Physical Therapy and Brain-Gym. She qualified at the Int. Kinesiology Institute (IAK) Freiburg in 1995 as **Touch for Health Instructor and Brain-Gym Instructor**.

Since 2000 Dorothea is regularly presenting at PD days all over WA at Primary- and High schools. She is a public speaker at conferences and business meetings.

In 2007 she published a special Workshop Manual, which teaches the Brain-Gym activities in combination with physical movement activities on the big Gymnastic Ball, a very popular and highly motivating training tool for children and adults. This workshop is being taught in WA as well as in Germany at the International Institute for Kinesiology Freiburg.

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to register for a PD workshop at your school

Or visit the homepage [www.liveandlearn.net.au](http://www.liveandlearn.net.au)

reg. Information about all other courses on offer, which are taught at the clinic.

Course Fee: \$100 pP, Half day presentations and Group bookings can be negotiated.