

Movement is the door to learning - Discover your child's potential using Brain Gym®

Every child can learn. There are no problem learners, only problem learning programs and systems. With proper learning techniques, learning can be a pleasure, even for those facing difficult learning challenges. If we teach to the way children learn best, through movement, play and language expression, we achieve better results. We discover that no matter how many times we repeat a learned task, if a better way is presented, we can learn that way, and a new pattern is developed. This is true learning! The results bring better health and wellness, intelligence, and more fulfillment, joy and happiness to parents and children. It is vital to realize that, for educators, effective teaching isn't about presenting the information and letting the student passively take it in, but about connecting the information to the movement of the body in an active way." **Learning is that magical thing that takes place in a split second and changes us forever.**

International award-winning learning expert **Paul E. Dennison, Ph.D.** Dr. Dennison, who received his doctorate in education in 1975 from the University of Southern California for his research on reading and cognitive development, is the founder of the **Brain Gym Program**.

This program has received astonishing worldwide media attention. One article in Woman's World talks about how beneficial the Brain Gym program is for those who are stressed or forgetful. It states by following these simple techniques, you can give your brain a workout and help achieve a calmer you.

In fact Dorothea Bassett, a professional Kinesiologist from Perth WA states, "Brain Gym is so easy, anyone can do it. And it works! It can teach you how to feel calmer at home and at work. You will remember everything and get more done. It definitely made my brain work better!" She recently completed a master class with Paul Dennison and is an expert in Educational Kinesiology.

Dorothea Bassett is teaching the 4 day Brain Gym 101 program to all interested parents **teachers, who wish to improve their children's behavior and learning abilities. **The program will be taught from 2. June – 5. June 2011 at her clinic in Applecross.****

There is a One day Professional development course available, called Brain Gym in Action, that is offered to teachers, parents and other educational professionals. Please enquire about available dates .

Who benefits with using Brain Gym exercises? Everyone.

For students and educators they can experience increased levels of focus, organization, communication, self-confidence and positive attitude towards learning and then the added bonus of 20 to 50% higher test scores. Parents and clinicians benefit as well, as it directly impacts readers' motor, cognitive, behavioral, emotional, visual, and reading skills. Business professionals benefit, as it is a highly effective performance management tool, which empowers individuals to thrive in the workplace, increasing employee satisfaction and productivity.

The lessons, such as coordinating your brain and body together to "walk your talk," help people think and communicate clearly, improving individuals' memory, focus, organization, and concentration. Brain Gym is now practiced in more than eighty countries' schools across the world. Teachers and their pupils benefit from the Brain Gym tools, as everyone can experience increased levels of focus, organization, communication, and self-confidence, along with positive attitude towards learning.

So how does the Brain Gym Program work?

This movement-based system introduces simple physical activities to enhance a learner's ability to process information, and effectively respond.

The Brain Gym learning program is based on five basic premises known as the Five Principles of Educational Kinesiology.

These include:

- 1) Draw Out: Intelligence Is Inborn
- 2) Focus: Attention Follows Intention
- 3) Notice: We Learn What We Actively Experience
- 4) Move to Learn: Growth Is a Search for Balance, and Imbalance a Search for Growth
- 5) Interconnect: Each One of Us Is Affected by Every Other

Brain Gym was created to assist people in all facets of daily life. Brain Gym is also based upon three simple premises:

- 1) Learning is a natural, joyous activity that continues throughout life.
- 2) Learning blocks are simply an inability to move through the stress and uncertainty of a new task.
- 3) We are all learning-blocked to the extent that we have been conditioned to inhibit our movements.

Recently Paul Dennison's newly published book "Brain Gym and me" received rave reviews from many American newspapers and teaching journals, where it was stated that "Brain Gym should be mandatory reading for all teachers, as Dennison has successfully returned the pleasure of reading by presenting his lessons in an easy-to-understand format.

Dorothea Bassett is a Professional Kinesiology Practitioner and Educational Kinesiologist.

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