

Are your children or students...

- ...tired, unable to concentrate, or fuzzy minded?
- ...having trouble with reading, writing and spelling, or following lessons at school?
- ...showing symptoms of ADHD, Dyspraxia or Dyslexia?
- ...having behavioral problems?

and...

You want to do something about it?

Why not give Brain-Gym® a go!

Brain-Gym® is a series of simple and enjoyable movements used with 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** in order 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. Brain-Gym activities make all types of learning easier, and are especially effective with all academic skills.

Brain Gym and other EDU-K techniques are also successfully used for patients suffering from Stroke, Alzheimer's disease, Parkinson's disease and other neurological disorders.

“Movement is the door to learning!”

Dr. Paul Dennison PhD

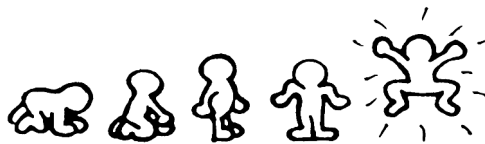
Founder of Brain-Gym® & Edu-K Foundation



Dorothea Bassett
Professional Kinesiology Practitioner (Diploma)
Touch for Health® and Brain-Gym® Instructor
Nutrition Consultant

As a certified Diploma Kinesiologist, German qualified physiotherapist and nutritional consultant with over 25 of years professional experience, Dorothea Bassett can provide you and your child with in-depth, one-on-one advice and treatment options to help establish and maintain positive learning habits and behavioural patterns.

Dorothea is also an experienced and entertaining public speaker, and regularly presents PD Days and workshops at primary and secondary schools all over Western Australia.



Live and Learn

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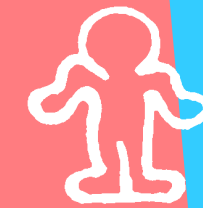
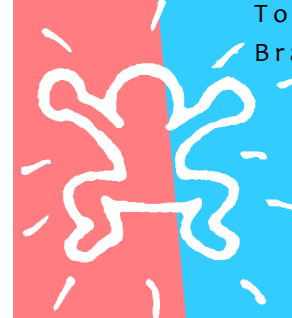
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Live and Learn!

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dorothealiveandlearn

Professional Development Programs:

Brain-Gym® in Action & BG 101

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

This course is deal for teachers, adult students and parents who have never had any experience with Brain-Gym and want to learn more. Recommended also for all educators who would like to update their knowledge and apply it successfully in their classrooms!

In these workshops you will learn:

How and why Brain-Gym works, the main modes of Brain-Gym movements, 'PACE' (a specific sequence of movements that helps your students to settle down, relax, pay attention and effectively 'switch on' for learning), and different ways you can easily implement Brain-Gym into the classroom. Learn which sets of Brain-Gym movements are most useful for improving reading, writing, spelling, speaking & listening, maths, and all other areas.

more information about...

Rota Therapy and Rhythmic movements

With 30 years of experience as physiotherapist working with children, Dorothea applies neuro-physiological techniques and psycho-motoric exercises from a wide range of teachers.

Rota exercises are profoundly effective, allowing the child to rest and evolve healthy body patterns at the same time. **Rhythmic movements** facilitate the integration of the early childhood reflexes, which form a vital basis for all subsequent movement and learning.

These are fundamentally important building blocks upon which Brain Gym work can rest and be fully effective.



Early childhood Reflexes

Early Childhood Reflexes are used as a tool for the assessment of the integrity of the central nervous system of young children. The retention of some primitive reflexes and posture, as well as an abnormal muscle tone, causes a delay in motor development and cortical learning.

Therefore, early evaluation and treatment of primitive reflexes and postural reactions is essential to facilitate the development of normal postural reactions and movements. It is important not miss the window of opportunity and to start as early as possible with interventions that facilitate movement and learning.



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 have previously repeated a learned task, if a better way is presented we can learn that new way, and a new pattern is developed. This is true learning! The results bring better health and wellness, intelligence, and more fulfilment and happiness to parents and children. The concept is so simple yet so effective, and that's why it works. Those who practice the exercises enjoy doing them, so they want to do them consistently. They also see positive results, which is a driving force for continuing to do them on a regular basis.

One-on-One Consultations:

After a thorough first assessment which includes a Brain Organisation Profile and assessment of the child's previous learning history, parents can choose to enroll their child in a series of 6 to 10 lessons which will be conducted on a weekly basis over the course of a school term. After that the lessons may continued on a fortnightly basis to maintain positive progress.



Nutritional consultations & advice

Nutritional support with the right supplementation makes a big difference for learning! Kinesiology muscle testing is a very useful tool to help parents identify foods that might be risky or potentially lead to adverse reactions in their child.

During the first one-on-one consultation, Dorothea will identify which supplements work best for every individual case and will advise on which foods to avoid in order to improve the overall wellbeing of your child. Special nutritional protocols can also be discussed and visits to specialists recommended where appropriate.

*N.B. a workshop that teaches basic Kinesiology techniques is offered to interested parents! **Enquire with Dorothea about upcoming dates for all Workshops!**

