



One Day Brain Gym® Movement Workshop

Introduction to the Brain Gym® Movements for Parents and Teachers

Brain Gym is a part of a comprehensive personal development program called Educational Kinesiology. It is a series of enjoyable movements that we currently use with our students to enhance the experience of whole brain learning. These gentle and non-manipulative movements make all types of learning easier, and are especially effective with academic skills. Brain Gym teaches us how to move with our challenges, our dreams and goals.

Where did Edu-K come from?

Edu-K was developed by Dr. Paul E. Dennison PhD, a learning specialist in the USA. He worked with people who experienced learning difficulties and sometimes behavioral difficulties as a result of their poor learning abilities. He develops tools for assisting them to learn more effectively and therefore to lead more successful lives.

Brain Gym will benefit:-

Stress stops us from learning. Children in situations they perceive as stressful, react with scattered attention. When they are threatened, they mentally and physically take protective action to prepare themselves against dangers. At such times, they are unable to think smartly, creatively or rationally. These movements will benefit adults and children who want to improve in the following are

<ul style="list-style-type: none">• Reading• Spelling• Maths• Comprehension	<ul style="list-style-type: none">• Coordination• Concentration• Communication• Performance Skills
<ul style="list-style-type: none">• Overcoming hyperactivity• excessive day dreaming	<ul style="list-style-type: none">• Handwriting• Creative Writing
<ul style="list-style-type: none">• Stress release• Achievement of goals	<ul style="list-style-type: none">• Organizational Skills
<ul style="list-style-type: none">• Motivational• Personal Growth	<ul style="list-style-type: none">• Self-Confidence• Self Esteem

* This program is effective because they address specific movements on which auditory, visual and tactile skills depend

Topics Covered:

1. Functions of the Brain	2. 26 Brain Gym Movements
3. PACE	4. Eye-Hand Co-Ordination game

About the Trainers: Chua Muhd Hadi / Sumiati Said

The husband and wife team runs the Brain Gym® Program and has been working with children since 1990. They come firstly from the heart, taking in children that have severe difficulties, and incorporating Brain Gym, Sensory-Motor Integration, Primary and Postural Reflex Integration, experiential education and play both at the Brain Gym Playhouse and in nature with fantastic results.

Sumi and Hadi had their training with the founder, Dr. Paul E. Dennison in Edu-K specialty courses and other related courses in New Zealand, USA, Canada, Australia and Hong Kong. They are also training with Dr. John Upledger works in Craniosacral Therapy and Lymph Drainage Therapy. They were awarded the Excellence Service Award by the Educational Kinesiology Foundation in Ventura, California in July 2004.

Administrative Details:
Date: 19 Sept 2010 (Sunday)
Time: 9am to 5pm
Course Fee: \$150 (per person) \$270 (per couple) * Inclusive of Materials and Tea
Closing Date: Friday, 10 Sept 2010

Venue:
Block 744, Bedok Reservoir Rd #01-3041 S(470744)

Note: To confirm your seat, please fill up the form below and send to us together with your payment. If you are making payment by cheque, fees are payable to: "Brain Waves Educational Kinesiology Consultancy LLP"

Registration Form

Name: _____

Address: _____

Postal Code: Singapore () *For Singapore Residences Only

Contact Numbers: _____ (Residence) _____ (Office)
_____ (Mobile) Profession:

Email: _____

Payment by: Cash _____

Cheque No: _____

Bank: _____

Remarks:
