

An Invitation to Parents...

Discover how you can help your child be more settled, responsive, focused and ready to listen and learn to increase their grades?

Make 2020 your child's best year, ever...



Imagine how excited your child would be

- ▶ if learning were faster and easier,
- ▶ if they were truly focused and organised,
- ▶ if they improved their sporting performance,
- ▶ if their behaviour was appropriate,
- ▶ if they had an increased ability in music
- ▶ and all round, they reach new levels of excellence...

In just 15 minutes a day the Brain Gym® Program will unlock your child's hidden talents for learning. Brain Gym® develops the brain's neural pathways. They will gain hours to productivity and improved performance. **Teachers and parents benefit learning these techniques for lowering their own stress levels.**

You will discover 26 enjoyable targeted activities and processes that bring about rapid and often **dramatic improvements** in concentration, memory, reading, writing, organising, physical coordination and reach new levels of excellence.

The Brain Gym® program has been developed by pioneers of applied brain research in the United States. It has been used for over 40 years and has spread to over 80 countries.



Brain Gym really works!

Sandra, Learning Support teacher states that *"Brain Gym at the start of every session makes a huge difference to how students learn. They listen and concentrate better, have better recall of what I taught them and generally make improvements in one term in spelling and reading that puts them on the same level as their peers. Students show such delight in getting 20 out of 20 for spelling instead of 2 out of 20, and making no mistakes in their reading, excellent recall, fluency where before they stumbled over words and read without fluency or making sense of it. It is essential for my teaching efficiency and effectiveness to use Brain Gym."*

Reserve a place for Introduction to "Brain Gym® for Better Learning, Focus & Behaviour"

5 hour Workshop for Parents

Presented by Enza Lyons

Licensed Brain Gym® Instructor specialising in Learning & Behaviour

Zoom Brain Gym Sessions

Date & Time:

**Sunday 7 June, 2020 – 9am – 2.30pm or
Monday 15 & 22 June, 2020 – 9am – 12pm or
Monday 15 & 22 June, 2020 – 12.30 – 2pm**

(includes Brain Gym booklet, handouts)

Booking is essential... seating is limited... Register now
For more information, in-school training or alternative dates

To guarantee yourself a place simply Phone Enza Lyons on 0413 697 692

Certificate of attendance

You owe it to yourself and your child to book now for this Brain Gym® program...Brain Gym® is an effective program to enhance learning and improve behaviour in the classroom, home and life.

“Brain Gym® for Better Learning, Focus & Behaviour” Workshop for Parents and Teachers - Registration Form

Yes, Enza, please register me immediately for the workshop I have chosen below

Brain Gym® Zoom Sessions

Introduction to Brain Gym® for Better Learning, Focus & Behaviour

An introduction to 26 enjoyable targeted activities and processes that bring about rapid and often **dramatic improvements** in concentration, memory, reading, writing, organising, physical coordination, reduce stress levels and reach new levels of excellence. Parents and teachers will benefit.

Price: \$295 Early Bird Price \$265 - 5 hours

- 9am – 2.30pm **Sunday 7 June, 2020** or
- 9am -12pm - **Monday 15 & 22 June, 2020** or
- 12.30pm – 2pm - **Monday 15 & 22 June, 2020**

inc. Brain Gym handouts

Brain Gym® 26 Movements - 104

You will discover and experience in depth how, when and why of 26 enjoyable targeted activities and processes that bring about rapid and often **dramatic improvements** in concentration, memory, reading, writing, organising, physical coordination, stress management and reach new levels of excellence.

- Monday 20 & 27 July, 3, 10 & 17 August, 2020** - 9am – 12.30pm

Price \$560 Early Bird \$520 (30 days before) 16 hours

inc. Brain Gym Teachers edition book

Brain Gym® 101

Learn 26 Brain Gym exercises, The Edu-K Balance process, and Dennison Laterality Repatterning and discover these permanent tool techniques and exercises for reaching personal goals. Applications for students, teachers, parents, artists, athletes, health care practitioners, and business professionals.

6, 7, 8 & 9 July, 2020 or Sunday 19, 26 July & 2 & 9 Aug. 2020 - 9am-5pm

Price: \$847 Early Bird: \$795 (30 days before) 32 hours

inc. BG101 manual & handouts

no pre-requisites required for each course

Name.....
Address.....Postcode.....

Mobile Phone.....Email.....

Please charge the following credit card to the amount of \$.....

Master Card Visa Card Number Exp.date.....

Cardholder NameSignature.....

Post registration form and cheque/money order to:

Enza Lyons, Dynamic Learning & Health Centre, P.O. Box 601, North Lakes Qld 4509 Phone: 0413 697 692

Cancellation Policy. If cancel within 30 days – Deposit will be applied to next Brain Gym® course, products or personal sessions. Please note that if you don't cancel and don't attend, you are still responsible for payment. Substitutions may be made at any time.

Booking is essential...seating is limited...Register now...Phone 0413 697 692

For more information, in-house training, alternative dates or a personal session phone Enza Lyons now...

Certificate of attendance

visit: <https://www.naturaltherapypages.com.au/connect/enza-lyons/brain-gym/educational-kinesiology-brisbane>

Research Study

The Moving Classroom: Results of a School District Research Study, Dorothea Beigel, NDT (Germany) During a period six months with fifteen minutes of movement before school

Who was in the Study?

- 18 eight year old second graders
- no prior daily movement activities in the classrooms all had difficulties reading
- three randomly assigned groups
- three groups received same amount of attention

Three groups consisted of

- **blue group:** big room to play (construction toys, legos, learning games, scooters and movement play)
- **green group:** gymnasium using balls, rope, etc.
- **red group:** Brain Gym® movements and repatterning

University students tested all 3 groups once a week for 6 weeks

RESULTS

A double-blind statistical analysis of the data indicated that the children who had done the Brain Gym activities read faster, made fewer mistakes, and had better comprehension of the text material than did the two other comparison groups.

In addition, parent and teacher responses to the questionnaires told us the most of the children in the Brain Gym group gained in their self-confidence and enjoyment of school work and had more success in writing, mathematics, and reading comprehension.

At the end of the study, we wanted to see what would happen when we offered the Brain Gym program to those children who had been in the green and blue groups. We extended the study an additional six weeks, doing the same Brain Gym program with these two groups of children. The results of the second part of the study corresponded to those of the first. We then initiated Brain Gym programs in many schools besides those in our own school district.



REFERENCES: Beigel, Dorothea, Waltraud Steinbauer, and Kurt Zinke. *The Moving Classroom: Results of a Research Project with Suggestions for School Implementation.* VAK Verlags GmbH, Kirchzarten bei Freiburg, Germany: 2002 (in German)

Here's what Sandra, teacher of Learning support says about Brain Gym®

"In over twenty years of teaching infants/primary school children, one of the most amazing 'tool' I have used in my classroom has been Brain Gym® exercises.

In my class of children aged five to seven, many students were unsettled, stressed and angry. Consequently, many were experiencing learning difficulties and displaying very challenging and disruptive behaviour.

After introducing daily Brain Gym® exercises, the results have been amazing. Many of the parents have commented how their children are progressing in many different areas including coordination, balance and confidence. Parents are telling me that their children are much happier and will even do the Brain Gym® exercises at home to help themselves to relax and cope with challenging situations.

Brain Gym® is a simple yet very powerful 'tool' and it can really make a difference in children's learning and behaviour. I would highly recommend it to other teachers and parents."

About the Presenter



For over 25 years, Enza Lyons, a Licensed Brain Gym® trainer, Teacher Support, Wellness Coach, Kinesiologist and author, has extensive successful experience in stress management, child development and whole brain learning. She provides personal consultations and conducts workshops around Australia and travels to rural areas.

Enza believes that when you make a difference in the life of a child, you make a difference to their family. When you make a difference in the life of that family, you make a difference in the community. Before you know it, entire communities have embraced the positive changes that they want to see in their families, their schools, and their world. Every person with learning disabilities can be successful at school, at work, in relationships and in the community – given the right opportunities. Brain gym is fun, effective and easy to do anytime of the day to improve your students learning ability and reduce teachers stress levels.

For more information phone Enza Lyons 0n 0413 697 692 or

visit: <https://www.naturaltherapypages.com.au/connect/enza-lyons/brain-gym/educational-kinesiology-brisbane>