

Easy to follow
online training



**DEVELOPING
THE BRAIN**
*lasting changes
for all ages*

Brain Gym® 104

Learn 26 Simple, fun and effective movements

When?
13 July
9am-12pm
x 5 sessions
15 hrs

When?
16 July
12pm-3pm
x 5 sessions
15 hrs

**Bespoke
training
for
schools**

Cost?
£245
Terms
available

This Brain Gym® course is ideal for...

Parents, social workers, caregivers, family Health therapists and providers. Classroom teachers, SENCOs, nursery and preschool teachers. Kinesiologists, RMTi Instructors and Body therapists..

- A sense of well-being
- Left-right body coordination
- Flexibility and balance
- Focus and attention
- Calm and relaxation
- Creativity
- Self-organisation and motivation
- Working across the mid-line with ease

‘Learning Brain Gym® has been a real revelation into the simple and practical application of body movements to really make a difference for focus, concentration and co-ordination of myself and my clients. Gill’s teaching is clear, informative, and entertaining. I couldn’t recommend this training enough.’ Niki McGlynn, Neurodevelopmental Therapist

BG 104

Use it in the classroom, use it at home, use it for yourself., teach others.

26 quick, easy effective movements you can use anytime, anywhere.

Keep yourself focused, on task at home, at work, at play. Support others to do the same. They’re simple, their impact is profound. Links these movements with integrating primitive reflexes.

BG 104: The first step in becoming a Brain Gym® Movement Facilitator

A new, dynamic programme suitable for online training.

**Full Colour
Manuals and
International
Certificates**

About Your Instructors

Gill Brooksmith consults as a Neuro-Developmental Therapist supporting adults and children in the UK, Europe and South Africa. She is an International Brain Gym®, Touch for Health and RMTi Trainer. .



To book a course email
gill.brooksmith@gmail.com
www.developingthebrain.co.uk



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Online courses Small classes

This online Zoom course uses interactive white boards, break-out rooms, videos and demonstrations. It is especially designed to keep you engaged and involved. Everyone comments that time just flies by. Even though the course is online, participants feel a real sense of community, generated by Gill's warm and positive personality as she supports everyone in achieving their learning goals.

Making the most of the course

Wear comfortable clothes in which you are free to move as we will be doing easy movements but not suitable for short skirts or high heels. This is a highly interactive course as you will be doing and practicing the movements with full supervision. The manuals will be sent directly to you. Course handouts will be sent prior to the course.

Refreshments and comfort breaks

Time Zone GMT. Other times can be arranged to accommodate international time zones. There will be a refreshment and comfort breaks of 10 minutes every hour.

Payment

This can be done via Debit or Credit Card or Paypal. Please go to my website **www.developingthebrain.co.uk** where you'll find all the details under Courses. Scroll down to bookings, complete the form and then go to payments.

Payment by BACs to Developing the Brain, Sort code **30-97-20** Acc no **21553268**.

Payment plan

A payment plan can be arranged. Contact Gill directly to set this up via debit order.

Bespoke training for schools

Email me to discuss a training plan that can be implemented in your school, at specific times suitable for your staff. This whole school programme has a profound impact. Learn specific movements for reading, writing and maths. It has students ready and focussed, able to concentrate and comprehend from the first lesson, right through the morning, when they come back from break time and after lunch.

Email me

I'd love to know more about your background and interest in attending this course **gill@developingthebrain.co.uk**