

## What Is Educational Kinesiology?

Educational Kinesiology (Edu-K) is a safe and natural therapy that promotes maximum brain integration and effectively reduces the symptoms of stress and anxiety.

Edu-K activates and stimulates the formation of more efficient and effective neural connections in your brain and body for improved functioning and performance.

Edu-K is a valuable personal and professional developmental tool that enables you to take action to rectify a situation or challenge, and to create positive changes and choices in your life.

Edu-K can play a vital role in positive education, as well as promoting positive mental health and wellness

## People of All Ages and Abilities can use Edu-K to:

- Easily switch-on to enable full potential
- Improve their daily functioning, health and well-being
- Feel more positive and confident
- Increase energy and mental fitness levels



Educational Kinesiology and Brain Gym is safe to do in conjunction with other therapies, specialist areas or with the taking of medications and supplements.

## Who can Benefit from Educational Kinesiology?

EVERYONE can benefit from Edu-K as it allows people to relax and performance and skills but also believe in themselves and their ability to function and learn.

Children/Students who have Edu-K sessions will be:

- More settled and focussed
- More responsive
- More receptive to learn
- More confident

## Educational Kinesiology Specialises in Improving:

Reading, Writing, Spelling, Maths, Comprehension, Memory and Concentration.

## Areas that Educational Kinesiology may Benefit

- Learning and Behavioural Difficulties including Dyslexia
- ADD and ADHD
- Special Needs including Autism Spectrum Disorders and Asperger's Syndrome, Cerebral Palsy, Downs Syndrome, Obsessive Compulsive Disorders, Dyspraxia, Selective Mutism, Visual Processing Disorders, Auditory Processing Disorders, and Speech and Language Disorders
- Global Developmental Delay
- Sensory Integration
- Anxiety and Depression
- Post-Traumatic Stress Disorder
- Phobias and Panic Attacks
- Mental/Emotional Imbalances & Disorders

Educational Kinesiology is used in schools, preschools, child care, corporate and businesses, institutional, and aged care programs worldwide.

**Brain Gym®** is a registered trademark of the Education Kinesiology Foundation, Ventura, CA,  
[www.braingym.org](http://www.braingym.org)

## Brain Gym® 101

**Date:** 2-4 December 2022

**Fee:** B\$500

*(Include Manual & Certificate)*

**Early Bird:** B\$450

*(Register by 30<sup>th</sup> September)*

Instructor : **Ms. Cheng**

- **Licensed Brain Gym® Instructor/ Educational Kinesiologist**
- Licensed Movement Based Learning Instructor
- Certified Neurosky BCI Instructor
- Certified Vibrational Raindrop Technique Specialist

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