

An invitation to: Parents, Teachers, Educators, Students, Professionals, Childcare Workers, Counsellors, Managers, Office admin, anyone wanting to improve learning and reduce stress levels...

Professional Development Training

Discover 26 Brain Gym® exercises for Whole Brain Learning and Improved behaviour ... just 15 minutes a day

* **Improve memory, focus and concentration**

* **Improve reading, and writing skills**

* **Reduce stress and improve energy**

* **Enhance coordination and balance**

* **Release tense muscles**

* **Strengthen core postural muscles**

* **Feel more relaxed and calmer**



* **Reach new levels of excellence**

Come along to the Brain Gym® Workshop presented by Enza Lyons Live on Zoom

Brain Gym gives attendees a chance to explore the 26 Brain Gym movements in-depth. Brain Gym can be done at the desk or anywhere. No equipment needed.

- Discover your learning flow, develop your noticing skills, understand the four categories of movement
- Experience the benefits of P.A.C.E. movements which assists you to get ready for learning.
- 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 100 countries in schools, workplaces, sports and music.

(We are flexible, if dates do not suit. Other arrangements can be made for live presentations to groups, schools and workplaces)



Enza Lyons

For over 25 years Enza Lyons, a Licensed Brain Gym® trainer, Wellness Coach, Kinesiologist, Teacher Learning Support and Author, has specialized in stress management, child development and whole brain learning. She provides personal consultations and conducts workshops around Australia and travels to rural areas. Also, Enza now teaches and consults Live on Zoom.

Enza believes that when you make a difference in the life of a person, you make a difference in 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, workplace, schools and world.

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

Brain Gym® Workshops via LIVE on Zoom presented by Enza Lyons

- Brain Gym® Introductory - Sunday, 7 March, 2021 (5 hrs) or Monday evening 8 & 15 March (5 hrs)**
- Brain Gym® 104 - Sundays 14 & 21 March, 2021 (16 hrs) or Monday evenings 15, 22, 29 March & 12, 19 April, 2021 (16 hrs)**
- Brain Gym® 101 - Sundays 11, 18 April & 2, 23 May, 2021 (32 hrs)**

Times: Sundays 9am - 5pm Via Zoom, short breaks for morning/afternoon tea, lunch Monday evenings 6pm - 9pm Via Zoom

(We are flexible, if dates do not suit. Other arrangements can be made for live presentations to groups, schools and workplaces)

Introduction to Brain Gym – First 5 hours of Brain Gym 101 \$295 “Early Bird Price” \$275. Group of 3 or more \$260 each (pay by 26 February, 2021) (Handbook, Brain Gym booklet)

Brain Gym 104 - \$420 Early Bird Price \$395 (pay by 26 Feb, 2021) (Brain Gym Teachers Edition)

Brain Gym® 101– 32 hours - Price: \$847 “Early Bird Price”: \$795 (pay by 12 March, 2021) (BG101 manual, handbook, Brain Gym booklet) Refresher: \$450

Name.....
 Address:.....Mobile Phone:.....
 Email:.....
 Group Booking: Name of school or organisation.....
 Address:.....
 Names.....

I have enclosed a cheque for Dynamic Learning & Health Centre \$......

I would like to pay \$...... by credit card Visacard Mastercard - pay by phone

Name:.....Expiry Date:.....

Signature:.....

For registration to: **Phone Enza Lyons 0413 697 692 or Post to P.O. Box 601, North Lakes Q 4509**

You will receive a certificate of attendance for professional training

Booking is essential as numbers are limited.

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.

Money back guarantee if the participant is not satisfied before the end of the first day of Brain Gym 101 course.