

Brain Gym Course

Brain Gym® is a lifelong educational, movement-based programme which uses simple movements to integrate the whole brain, senses and body, preparing the person with the physical skills they need to live and learn more effectively. Originally created to help children and adults with learning challenges, for example dyslexia, dyspraxia and ADHD, Brain Gym® may be useful to improve functioning and life quality of people from all walks of life.

In these 6 sessions, this accredited Brain Gym® 26 Movements (104) course will introduce the Brain Gym philosophy and training, focusing on 26 simple, effective movements that may be used in improving communication, organisation, focus/comprehension, reading, writing, maths and other academic and business skills. It offers practical skills on stress management, behaviour management, motivation and personal development.



Lucette van Someren Boyd is a AMI 3-6 diploma holder with a great passion for Inclusive education. She has degrees in Early Childhood Education, post graduate diplomas in Child and Family Health nursing and Bereavement Counselling and a Masters degree in Special Education with particular interests in ASD and literacy. She has lectured on 3 continents. Lucette has had extensive experience working with children who have Special Needs in inclusive environments advocating the use of Montessori therapy as well as the integration of multi-sensory synthetic phonics using Orton- Gillingham, Spalding and Lindamood techniques. Lucette is a Brain Gym consultant and practitioner and uses these and other movement based modalities such as yoga and Extra Lesson with many children. After attending EsF in 2011 and meeting other Montessorians with a similar passion she became focused on how to work through EsF for the Special child and subsequently was invited onto the board of MMPI where she continues to promote Inclusive education.

**Wednesday Evenings: 21, 28 July, 4, 11, 18, 25 August
6:00pm - 8:30pm (Sydney time)**

Attendance options:

- In person at Southside Montessori School, 35 Lillian Road Riverwood NSW
- Live online Zoom

MEMBERS \$330 | NON-MEMBERS \$440

**BOOKINGS ESSENTIAL (CLOSING 14 JULY):
www.montessori.org.au**

