

Term 3 - Limited  
spaces - enrol  
now!

# Yoga Blend

An educational program designed for relaxation  
and childhood development

Hi my name is Jeanette and I'm an Educational Consultant and an Early Childhood Educator and I would like to introduce you to a way of assisting your child to learn with ease through a movement based program.

In the very fast world that we live in there isn't much room for relaxation. When a child is stressed learning can be interrupted causing sleepless nights, memory fog and emotional outbursts.

Many years of educating children I have seen stages of development that need to be met to give a solid base for learning. My program reintroduces these movements to children to help fill in the gaps in development. Using tools such as yoga, mindfulness and educational kinesiology movements.

My group sessions compliment other professionals such as OT, Pedatricians, Teachers & Tutors.



## Group classes

Run weekly during school terms.

4.30-5.30pm

\$120 per term

(based on a 10 week term)

**Tuesday** – 7-12 yrs

**Wednesday** – dyslexia, reading  
writing & math

**Thursday** – 4-7yrs



Movement based learning to assist in  
our everyday lives in a positive, fun and  
interactive environment.



What to bring: drink bottle and  
comfortable clothing

**Contact :**

Jeanette Doyle

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FB : Your Brain : Your Body

## What is Educational Kinesiology and how I use it?

Educational Kinesiology is a **parent** discipline to Brain Gym®

**Educational** = drawing out a learning potential within a student. The student takes ownership of their own learning by being aware of all steps involved in the learning process.

**Kinesiology** = the principals of movement.

Therefore Educational Kinesiology is connecting the body as a whole through movement so each of us can access the potential to learn and be the best that we can be.

In my sessions I use sub principals such as Brain Gym, Rhythmic Movements and Yoga/meditation to clear stress to achieve whole mind body awareness for wellbeing.

My group classes are fun and interactive tailored to scaffold the children's optimal learning through a program based on developing Primitive Reflexes and relaxation.

### Jeanette Doyle

#### ***Testimonials:***

“Positive change in her ability to separate from me and she has learnt how to calm herself down. – massive change. She now has the tools she can use to help overcome her anxiety.” - B

“ happy with my experience. My child looks forward to coming to his appointments. He comes out more relaxed and intune with his emotions. I have seen an improvement at school and with his reading.” - T

“ My child told me today she has gone up a reading level at school and is improving on her times table” - N