



## THE EDU-K UPDATE

JANUARY 2011

I am sitting here in Ventura, California's warmth and sunshine getting ready to head back home to snowy Massachusetts. We just completed a wonderful and productive 3 ½ day meeting with the Board and Administration during which I passed the Board Chair baton to Phyllis Books.

In the last two years as Board Chair, we as a non-profit grew in leaps and bounds. Last year we had the expertise of Doug Green and Dena Jenson as non-profit board consultants assist with board training. They planted many seeds regarding the running of a non-profit organization and during the year many sproutings occurred!

Our board meetings and committee work have been extraordinarily efficient. You will see the fruits of our collective labor as updated and new policies and procedures become available.

A heartfelt thanks and appreciation is expressed to the board members who have stepped off of the board. I gratefully acknowledge their commitment and contributions to Brain Gym® International. They are:

- ★ Pam Whitman
- ★ Thad Trahan
- ★ Sharon Plaskett
- ★ Carolyn Nyland

And I extend a welcoming hand to two new board members:

- Phyllis Books, D.C.
- Shelley Dicus

I personally thank the Board and Administration for their time, support and love of the work during my two years as Board Chair. The current Board of Directors and 2011 Officers are:

- ❖ Phyllis Books, Board Chair
- ❖ Moira Dempsey
- ❖ Paul E. Dennison, Secretary
- ❖ Shelley Dicus, Chair Elect
- ❖ Bonnie Hershey, Treasurer
- ❖ Lydia Knutson
- ❖ Matthew Thie

## Edu-K Tips and Tools:

From *A User's Guide to the Brain* by John J. Ratey, M.D. p 156:

Movement is fundamental to the very existence of a brain. Interestingly, only an organism that moves from place to place requires a brain. Plants enhance their chances for photosynthesis by turning their leaves to face the sun, but this is done through the growth of cells, not by changing their position. A tiny marine creature known as the sea squirt illustrates the

point. In the early part of its life, the sea squirt swims about



like a tadpole. It has a brain and a nerve cord to control its movements. However, when it matures, it attaches itself permanently to a rock. From that moment on, the brain and the nerve cord are gradually absorbed and digested. The sea squirt consumes its own brain because it is not needed anymore.

*Thanks to Bonnie Hershey for submitting this excerpt from John Ratey.*

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- ❖ Kari Coady, Executive Director
  - ❖ Cindy Goldade, Director of Operations

With love and appreciation,  
Bonnie Hershey, Past Board Chair



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## Brain Gym News & Events

### Events

#### Brain Gym® International & IKC Joint International Conference

2011 Aug 25-28  
Kecskemét, Hungary  
Contact: [Zsuzsanna Köves](mailto:Zsuzsanna.Koves@braingym.org)

*Remember, you can hold a Brain Gym® Day in your own region. Licensed instructors receive re-licensure credit provided a roster is submitted to the Foundation. A Brain Gym Day is designed to act as a mini-conference. Components might include balancing, guest speakers, networking and more. If you are interested in developing a Brain Gym Day, write to [info@braingym.org](mailto:info@braingym.org).*

## Spotlight On: Optimal Brain Organization (201 OBO)

Discover the concepts of hemispheric specialization, identification, and balancing to facilitate whole-brain learning.

This is required for licensure and is a wonderful next step after taking Brain Gym® 101. Paul Dennison has said this is the course that explains why we do Brain Gym. In this class you'll learn Energy Exercise Variations and four new balance techniques.

Click [here](#) for the upcoming schedule. You can also sponsor an instructor to come to your area!

## Five Principles of Edu-K Cindy Goldade, Operations Director

The Five Principles of Edu-K apply to so much more than a simple balance...they are really life lessons.

### 1. Draw Out: Intelligence Is Inborn ~

Truly understanding and appreciating the individuality of each person has changed the way I live my life. The unique timing and pace for receiving and expressing life's experiences is a gift given to each of us.

### 2. Focus: Attention Follows Intention ~

Rather than simply "going through the motions", I can pause and direct my focus as I experience all life brings to me.

### 3. Notice: We Learn What We Actively Experience ~

Refining my observation skills has allowed me to recognize and celebrate growth—from the obvious to the subtle.



### 4. Move to Learn: Growth Is a Search for Balance, Imbalance a Search for Growth ~

While I am passionate about the specific movements within the Brain Gym® program, I know learning occurs when there is movement.

### 5. Interconnect: Each of Us Is Affected by Every Other ~

When interacting with others, I can switch between teaching and learning, between receiving and expressing. I am empowered to

## Congratulations! New Professional Members!

### CANADA

Michele Hebert Drummondville, QC

### CHINA

Chen Yan Bing Shenzhen, Guangdong  
Deng Pan Nanjing, Jiangsu  
Feng Tian Fei Beijing, Beijing  
Feng Tian Peng Beijing, Beijing  
Lu Yue Xuzhou, Jiangsu  
Shi Jian Ping Danny Shanghai, Shanghai  
Song Li Qun Panjin, Liaoning  
Wang Meng Shanghai, Shanghai  
Wang Ying Shanghai, Shanghai  
Xiong Xiao Chun Nanchang, Jiangxi  
Yang Jing Ping Nanjing, Jiangsu  
Zhou Shuang Jilin, Jilin

### USA

Sarah Day Albuquerque, NM  
Aimee Edwards River Forest, IL  
Lydia Coyner Harrelson Shallotte, NC  
Catherine M. Hogan Freedom, CA  
Mary Mollway Murrieta, CA  
Annette Pasternak Los Angeles, CA

### VENEZUELA

Luz Marina Zerpa de Grune Caracas, DF  
Ninoska Giannavola Macaluso Caracas, DF  
Tibisay Giannavola Macaluso Caracas, DF

## Ask Dave

Dave administers and answers questions posted to our [website](#) message board, "Ask Dave". To visit or post a question [click here](#).

### Question:

I understand that Brain Gym International is a nonprofit organization, but I am not sure I understand all the in's and out's of this term so I just have a few questions. First, where does the surplus that does come in come from and how is it used to further the program as a whole? Does Brain Gym get a share of the funds coming in from the courses taught by the instructors? Also, why is this surplus not used to fund research to be published in peer reviewed journals? Is there just not enough funding coming in? Sorry for all the questions but appreciate your response!

### Dave's Answer:

The term "non-profit" means that all revenue the organization brings in must go into the operation and programs of the organization...[Read full response](#).

choose dependence, independence and interdependence.

Check out pages 68-71 in the *Brain Gym 101 Handbook* for more supportive language!

## A Brain Gym® Story

The following is a reprint of a story from 2007, submitted by International **Faculty Member, Barbara Wards of New Zealand:**

*A Small Brain Gym® Activity Makes a Major Difference*

*The mother of a student of mine asked me if the Brain Gym activities could help her in her sport of outrigger canoe paddling. She said she had some difficulty keeping her boat lined up with the end of the course and a big competition was coming up. I suggested she do Space Buttons with far/near eye movements, and do the Cross Crawl, which her son had been doing.*

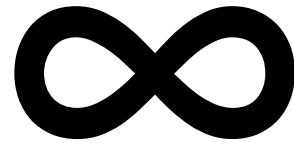
*Today she returned after the 2006 Waka Ama Sprint Championships, held here in NZ, with contestants from 27 countries from all over the world. Staying totally focused on the end of the course throughout the race, she won the gold medal from 45 other contestants in five heats in her Master Women's Singles Event!*

We'd love to hear from you. If you have a story to share about the positive impact that the Brain Gym work is making or would like more information about how to enhance your experience with this valuable program, please send an email to [info@braingym.org](mailto:info@braingym.org).

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