



THE EDU-K UPDATE

JUNE 2008

Greetings from the Board,

As Brain Gym® continues to grow by leaps and bounds around the world, I thought it might be interesting to take a look at the big picture of our organization's structure.

The International Board consists of 7 – 13 directors plus our Founders, and includes two International Faculty Representatives. The Board holds two face-to-face meetings each year, one in January in Ventura and one at the International Gathering Conference, and meets monthly via teleconference. We have a Committee-to-Board structure which means that all projects are discussed by a committee, which then recommends a policy to the Board for action. Committees are open to any interested volunteers.

The Board of Directors is often a mix of licensed Brain Gym® Instructors and others who may have expertise that the board needs. The purpose of the Board is to stabilize and maintain the Brain Gym® organization into the future. Board members currently serve for three years and may be re-elected. The Faculty and Board volunteer their time and resources to serve the members and the public that benefit from the Brain Gym® work.

Our International Faculty also meets at the International Gathering Conference each year. They have been our dedicated leaders in bringing Brain Gym® to the entire world, and the Foundation is deeply appreciative of the many contributions these wonderful people have made throughout the years.

Currently we are developing affiliate organizations, which are open to all, and are able to run the business end of the local organizations so that Faculty can focus on teaching. This change has come about as a result of the License Agreement, which the Dennisons signed, with the Foundation Board in 2000. For more information, see the following articles in this edition of the *Edu-K Update*: About Our Sublicenses, Brain Gym Affiliates, and Course and Product Review.

In the big picture, an incredible work has been developed in Educational Kinesiology, and Brain Gym has the potential to bring Peace to the World through the individual inner peace that can be experienced when doing the Brain Gym® Work. Thank you ALL for bringing this Work to the people of the world in a Positive, Active, Clear and Energetic way.

Most Sincerely,
Judy S. Grant, JD, MAPA, OTR/L
Board Chair

Edu-K Tips and Tools:

Is there Brain Gym Research?

People often ask if we have any research?" The answer is yes, we offer three primary publications that summarize our research:

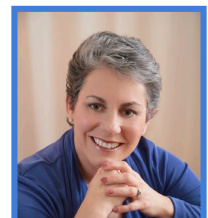
1. A Chronology of Annotated Research Study Summaries in the Field of Educational Kinesiology, posted on the our website, offers summaries of research studies done by a number of our instructors throughout the last twenty years.
2. Brain Gym Journal, published three times yearly, offers in-depth articles as well as reports of an anecdotal, statistical, or theoretical nature, written by instructors about their use of the Brain Gym program in diverse settings.
3. The Research Packet offers expanded abstracts of some of the studies in the Research Chronology.

Look for more research questions relating to the Brain Gym® program in future issues of the *Edu-K Update*.

Featured Faculty Member

Bonnie Hershey

Bonnie Hershey, M.Ed., is a licensed Brain Gym® instructor and the director of The Kinesiology Connection. She is a graduate of Ohio State University with a degree in





Education and a master's degree from Lesley University in Creative Arts in Learning. Bonnie taught physical education at the junior high and middle school levels in Newton, MA for 25 years, retiring in 1997 from the public school classroom to devote more time to The Kinesiology Connection. Currently, Bonnie is an International Faculty Member of Brain Gym® International. She teaches Brain Gym® 101, Brain Gym® Teachers Practicum, Business in Balance and Touch For Health, sees clients privately and presents Brain Gym® Introductions throughout New England.

Bonnie's Story

"In October of 1990 I was teaching Physical Education in the public school system and decided to take a leave of absence. I went to a massage therapist to find out where I could take some massage classes. While we were talking, she told me she thought I might be interested in what her cousin, Eliza Bergeson, does. I met Eliza that day and she shared information with me about movement and connecting the brain and body. As a P.E. teacher, I was intrigued by the possibilities of what movement can really do. I took my first class in December of that year, and five years later opened The Kinesiology Connection with Eliza. Our intention was to create a gathering spot for Brain Gym® people in New England. Eliza encouraged me to become Faculty and Joe McFarland asked me to serve on the Board. I said no to both but wanted to teach the Practicum, and went on to become official faculty in 2001, and IF Representative to the Board a few years later. I can't imagine not being involved in Brain Gym."

IN THIS ISSUE

Brain Gym News & Events

Featured Faculty Member:

Bonnie Hershey

Spotlight On:

Edu-K In Depth: Seven Dimensions of Intelligence (301 ID)

Edu-K Tips and Tools:

Is there Brain Gym Research?

A Brain Gym Story

Ask Dave

Brain Gym News & Events

2008 BRAIN GYM® DAYS

North Carolina, USA

July 15 in Warrensville, North Carolina:

"Brain Gym® Blossoms" Retreat

Contact: Amy Arrendel,
waterfall@mindspring.com

[Click here to register](#)

Massachusetts, USA

July 31 in Lexington, MA

"Brain Gym in New England"

Contact: The Kinesiology Connection
kinesconn@aol.com

[Click here to register](#)

Canada

August 1-7 in Ottawa, Ontario:

The 8th Annual Canadian Institute

Contact: Mary Hamilton
www.braingyminaction.com

Washington, USA

August 9-10 in Seattle, Washington:

"Supporting Our Individual and Collective Success"

Contact: Rose Harrow
rainrose@comcast.net

Brain Gym Affiliates

Affiliate organizations sign a contract with the Foundation to be recognized as the official Brain Gym® organization in a particular region.

South Africa

October 3-5 in Johannesburg,
"Celebrate Edu-K"
Contact: Marlize Basson +447769904280
Marlize@penuka.co.za

Florida, USA

October 11-12 in Destin, Florida:
A "Brain Gym Blossoms" retreat
Contact: Anne Hornstein,
LifeDancer@gmail.com

2009 BRAIN GYM® DAYS

Australia

January 10-18, 2009, in Melbourne, Victoria, Australia:
Summer School: "Expand Your Horizons"
Contact: Robyn Hampton,
robynhampton@optusnet.com.au
www.braingym.org.au

2009 BRAIN GYM® INTERNATIONAL ANNUAL CONFERENCE

Germany

April 16th-19th, 2009
"Movement, Brain and Learning"
Kirchgarten, near Freiburg, Southern Germany
WATCH FOR MORE DETAILS SOON!

There is a process for becoming an Official Affiliate that begins with a founding Board of Directors who oversees the development and administration of the local Affiliate. Royalties are sent to the International Foundation until the Affiliate is recognized by the Foundation. Once Official Affiliate status is obtained the royalties or surcharges go directly to the Affiliate to fund the administration of that organization.



Minnesota Brain Gym Day Reflections

The Brain Gym Blossom retreat was just what I needed, to recharge and reconnect with my own Brain Gym path. Our retreat was held at Mount Olivet retreat center in Minnesota. The facility was exceptional as we were able to connect with other Brain Gym enthusiasts in a peaceful, remote setting in the woods of Minnesota. Our retreat included the opportunity for balancing, brainstorming, bonfires and bonanza (lots of great food). We also had the opportunity to walk a labyrinth, nature hike, and review the New Brain Gym 101 handbook. The new handbook is very user/teacher friendly, I am eager to begin teaching with it. The knowledge gained from networking with others in the Brain Gym area is so vital in promoting confidence and clarity in the work we do using Brain Gym. Thank you Cindy Goldade for organizing our Minnesota gathering, and all that you do to promote PACE in our world.

*Sincerely,
Cindy Ross, MS
Brain Gym Instructor
Valley City, ND*



Spotlight On: *Edu-K In Depth Seven Dimensions (301 ID)*

Hands-on experience with seven dimensions of body movement, focusing on how each can support or block the learning process. Students learn to permanently integrate the principles of whole brain learning into their own processes.

This is a required 300 level course and Brain Gym 101 is a prerequisite. To find *Edu-K In Depth* near you, [click here](#).

About Our Sublicenses

A sublicense is a legal document that gives an individual rights to use certain products or services for which the individual is not the primary holder of those rights. The License Agreement signed between the Dennisons and Foundation in 2000 requires that:



1. Instructor/consultants sign a Sublicense Agreement with the Foundation which is signed by their International Faculty Practicum Instructor or Foundation Representative.
2. A trademark royalty or service charge be paid to the Foundation or Foundation approved Affiliate Organization, for use of the term, BRAIN GYM.
3. All International, National, and Associate Faculty sign sublicense agreements with the Foundation which outline their rights and responsibilities including modeling of the Edu-K principles and ethics to their member organizations, supporting the growth and development of Edu-K organizations in their regions, and training additional faculty:
 - International Faculty must speak English, and are able to teach In Depth and Practicum
 - Associate Faculty are International Faculty-in-training
 - National Faculty are not required to speak English, and teach In Depth but not Practicum. They generally teach in their home region.

Course & Product Review

All Brain Gym® products and publications intended for international sale or that are in English are submitted to the Foundation Product Review Team. Once approved, developers sign a Sublicense Agreement with the Foundation authorizing the use of the trademark, BRAIN GYM, in their product or publication.

Additionally, all courses, which are offered internationally, are submitted by Licensed Instructors to the Foundation Course Review Team for development and approval. When a course receives final approval, the author signs a Sublicense Agreement with the Foundation to use the Brain Gym® Work in the approved course.

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've just started using the Brain Gym® activities with my 6 year old. I've read all the text and saw no mention of "handedness". He's a lefty and I'm wondering if there is anything different I should expect with the exercises?

Dave's Answer:

While the Dennisons have developed a great deal of work around lead (dominant) eye, ear, hand, foot, and of course brain hemisphere, the basic Brain Gym® exercises are not dependent on this knowledge.

Helping left/right, top/bottom, and back/front to work together in a more integrated, coordinated way with the Brain Gym® exercises is the goal and lead eye, ear, hand, foot, and brain hemisphere do not effect this much in most typical students. Of course the more you know the more you understand the learning styles and preferences of the individual.

If you are interested in learning more about the Dennisons work in lead eye, ear, hand, foot, and brain hemisphere you may want to attend Optimal Brain Organization which is listed on the website. Additionally, you can read about their theory in Carla Hannaford's books "Smart Moves, Why Learning Is Not All In Your Head" and "The Dominance Factor".

A Brain Gym Story

A Licensed Instructor shares:

"A friend of mine, Ann, was having challenges setting boundaries both personally and professionally. I offered her a session and we managed to squeeze one in before work. It took an hour getting to the goal and then we ran out of time. Her shoulders were nearly touching her ears the entire time due to tension. When she came back the next day I asked her how she was doing. Ann told me she had a HUGE headache all day after we set the goal the day before. Concerned, I asked if she was okay. She explained that the headache is her body's way of letting her know something deep was shifting, and that this always happens when she's doing personal growth work. Feeling safe to move forward we continued. Three Dimension Repatterning and the Owl came up during the balance. In the post-activity she noticed a distinct

Educational Kinesiology Foundation/Brain Gym International
1575 Spinnaker Drive, Suite 204B
Ventura, CA 93001
www.braingym.org
phone: 800.356.2109 or 805.658.77942
email: info@braingym.org

difference. Later that day, I stopped by her business to ask how she was doing. Ann smiled, her shoulders relaxed, and said, 'Good, I always do better when I'm connected with myself.'

Brain Gym is a registered trademark of the Educational Kinesiology Foundation

Dissertations Available!

- 1.** *Discovering the Experiences of Contralateral Movement Across the Midline by Teachers and Their Students* by Joan Spalding, Ph.D. and licensed Brain Gym® Instructor - \$50 donation.
- 2.** *Hunting the Myth of the Hunter in AD/HD: An Educational Kinesiology Perspective* by Marilyn Lugaro, Ph.D. and licensed Brain Gym® Instructor - \$25 donation.