



## THE EDU-K UPDATE

MARCH 2010

"Spring passes and one remembers one's innocence. Summer passes and one remembers one's exuberance. Autumn passes and one remembers one's reverence. Winter passes and one remembers one's perseverance."

- Yoko Ono

Wherever we live in this world, there is a season on the horizon. Depending on our locale, seasons can be subtle or extreme and they often represent transition, transformation, and change.

Brain Gym® International is experiencing such a seasonal change in relationship to its main publication, which it has been publishing for over twenty years. The original publication was the *Brain Gym® Magazine*, which eventually transitioned into the *Brain Gym® Journal*. Gail Dennison, co-founder of our nonprofit, worked passionately throughout the years on these publications as Executive Editor; she volunteered endless hours and heartfelt dedication in keeping them alive, well, and relevant.

In January of this year the Board of Directors voted to change the publication title to the *Brain Gym® Global Observer (Brain Gym GO)*, tagline: "*Moving With Intention*".

The new publication team envisions the *Brain Gym® GO* content to be varied and rich... with something for everyone. The intention is to develop a new look by playing with the format and layout. It will be an active publication inviting the reader to pick it up and discover what is inside. There will be photos, graphics, stories, and research articles as before. However, the *Brain Gym® GO* will have some new features such as regular columns and unique contributions by a wider scope of authors.

While the third issue will focus on annual awards, the first and second issues have space for submissions. We invite anyone who has experienced the Brain Gym® work, licensed or not, to submit articles for possible publication in the *Brain Gym® GO*. "Articles" will share observations about how using the Brain Gym work or "moving with intention" is empowering others to reclaim the joy of living. They may be a variety of lengths, and include but are not limited to:

- Testimonials
- Quotes
- Stories
- Studies (research, anecdotal, etc)

## Edu-K Tips and Tools:

by Deborah Scott Studebaker

### The Language of Educational Kinesiology – Part 2

*The physical skills of learning* – what an intriguing phrase! Paul and Gail Dennison define it (p. xvii) as "the sensorimotor mechanics



behind each academic and cognitive skill." I want to know more about those mechanics! Fortunately, Chapter 1 of the new *Brain Gym® Teachers Edition* offers great substance on the relationship between movement and cognition. We'll cover just a small portion of that philosophy here, as we search for new ways to utilize this material.

In the Brain Gym world, we understand that learning is not just a mental construct, it involves physical activity. An infant creates an internal **movement map** which orients him to the people and things in his world. This map is detailed through play, imitation and the three-dimensional experiences that foster motor development. From this he can experience the three primary movement abilities: **stabilization**, **locomotion** and **sensorimotor coordination** (p. 2).

How does this connect to learning? According to the Dennisons,

Send submissions for review to [info@braingym.org](mailto:info@braingym.org). Signed permission is needed for any photos and school acknowledgement, and all submissions are subject to editing.

We embark on this new season of adventure with a sense of innocence, exuberance, and experimental playfulness. Our heartfelt thanks is extended to Gail Dennison and her team whose perseverance brought us to this day.

Written by:  
Cindy Goldade, Director of Operations  
Kari Coady, Executive Director

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### Brain Gym News & Events

#### Annual Brain Gym® Conference

Ashland, MA USA  
July 22-25, 2010  
"The Joy of Moving with all Ages"  
Warren Conference Center & Inn

#### Brain Gym® in Action-10th Anniversary

August 1-9, 2010  
Ottawa ON, Canada  
Contact: [maureen@braingyminaction.com](mailto:maureen@braingyminaction.com)

#### IKC International Conference

2011 Aug 26-28  
Kecskemét, Hungary  
Contact: [Zsuzsanna Köves](mailto:Zsuzsanna.Koves@ikc.hu)



stabilization relates to equilibrium, which has an emotional, interpersonal element as well as a sense of independent uprightness against gravity. Stability allows the very young child to move into active curiosity, becoming aware of what's around him. Locomotion is linked to attention: the child will crawl, creep, scoot or walk in the direction of something that engages his interest; sensorimotor coordination comes into play when he uses his two eyes, ears and hands to pick up an object and explore it. "Parents may not realize that infants and toddlers are already building their brains by developing an orienting system and movement skills that will later support their academic abilities." (p. 3)

And what of the children who haven't completed their movement maps? I know a handful of children who are intellectually brilliant, yet struggle to keep up in class, to manage their physical or emotional outbursts, or to coordinate their bodies. If an infant misses important developmental milestones, there is still time to reconnect to stabilization, locomotion and hand-eye coordination through the 26 Brain Gym activities.

As we all know, learning does not only apply to schools and children. It's not too late for teens, adults and seniors to rekindle these abilities! The physical skills of learning enable us to live life to its fullest.

## Happy Anniversary!

*This April marks the tenth anniversary as an employee of Brain Gym International for our office manager:*

### About the 2010 Annual Conference

## Join Us in Ashland, Massachusetts!

The 2010 Annual Brain Gym® conference is open to all, no prior knowledge or experience with the Brain Gym work is necessary. This year's theme is "Moving Joyfully with All Ages", and will be held in the heart of New England on a 200 acre retreat site. Accommodations at the Warren Conference Center and Inn include three meals, snacks, water, hiking trails, a beach and much more!

Registration is required with **both** the Warren Center and Brain Gym® International separately. The venue costs, normally covered in our registration fee, are included in the Warren

Center's fee. Therefore, we have lowered our conference fees significantly.

Our [conference website](#) has a plethora of new information including: online registration, Warren Center information, conference schedule and program, speaker bios, post-conference courses, travel information, vendors, and more...there will be something for everyone!

Look for a full write-up in the first issue of the *Brain Gym® Global Observer*.

**Register by April 15th  
to get the Early Bird registration rate!**

### Spotlight On: 2010 Post-Conference courses

We generally spotlight one course from our curriculum in each issue of the *Edu-K Update*. However, we will be offering six courses after our annual conference this July that we would like to spotlight in the next couple of issues. The [post-conference course schedule](#) and online registration are available on our [2010 conference website](#). There are links below that will take you to the regular schedule for each course

#### **Double Doodle Play: A Window to Whole-Brain Vision (105 DD) ~**

In this introductory course we will use the Double Doodle and other movements from Brain Gym and Vision Gym® to explore and enhance visual perception and artistic expression. Participants will, through experience and discussion, gain a finer understanding of the relationship among visual skills, hand-eye coordination, and creative expression. Applications for parents, teachers and various age groups will be addressed. Open to all.

Carla Judge, licensed instructor from Oregon shares: I have noticed that people come to the Double Doodle course for various reasons. Almost all experience new appreciation for ambidextrous movement and discover the joyful freedom that comes when both brain hemispheres, both eyes, and both hands are engaged in creative expression. Memory and pleasure improve when using Double Doodle activities with senior citizens. Class behavior moderates and relaxes with "at-risk" students after using Double Doodle activities. The Double Doodle Play course is not an "art course," but rather an opportunity to deepen personal self-reflection on how we access our creativity.

Visit our [Level One](#) course listings for a recent schedule of *Double Doodle Play*.

#### **Movement Re-education (350 MRE)**

This three-day workshop with with a qualified Faculty member focuses specifically on the Structure Realm in the Edu-K process. This experience is an opportunity for exploration, review, and hands-on-practice of muscle lengthening techniques. Participants learn the relationship of emotions, vision, and posture to brain integration. Included are the latest releases and activations which help to complete postural and structural changes. Open to students who have taken Edu-K In Depth.

*Eve Mimiaga*

*Eve does a little bit of  
everything for us, but  
mostly she provides a  
bright, shiny smile every  
day when one walks into  
the office.*

*Thank you, Eve, for your  
dedication and  
contributions to our  
organization.*



### A Brain Gym Story

We recently received a heartwarming story from Marjie Citron, a licensed instructor from New York, NY, USA.

*Last November I had an 8-day fieldwork placement in an acute inpatient rehab department of a large New York City hospital as part of my masters program in occupational therapy. I had the opportunity to work with a 90-year-old woman who had sustained a stroke and was experiencing significant weakness on her right side. Being right hand dominant, the difficulty in signing her name was a big concern.*

*As a diligent Brain Gym Instructor, I do not go far from home without a*

Paul Dennison, founder of Movement Re-education notes: Movement Re-Education is a powerful and effective tool in the Structural Realm that focuses on the relationship of muscle systems to the body's inner awareness of its position in space, its proprioception. Equilibrium and balance is maintained in the body by communication between the brain and those proprioceptor cells within the muscles, joints, and tendons. Movement Re Education reestablishes this communication network, teaching the body to hold and maintain an improved structure for optimal functioning.

Visit our [Level Three](#) course listings for a recent schedule of *Double Doodle Play*.

## Ask Dave



Dave administers and answers questions posted to our website message board, "Ask Dave".

### Question:

What exactly is PACE? Is it a subset of the 26 Brain Gym movements???

### Dave's Answer:

The simple answer is that PACE is sipping water, Brain Buttons, Cross Crawl, and Hook-ups done consecutively. We do PACE as the first step in all of the Brain Gym® balance processes to prepare for the rest of the process, to prepare for any activity we may be involved in, and part or all of it at any time we feel the need to get back into PACE for any activity. For the [last two] I mentioned a PACE process may then also include some other Brain Gym® exercises/activities drawn from what you may have learned in any of the many classes offered..

PACE is part of the Brain Gym® philosophy. It stands for positive, active, clear and energetic. We talk about being in our optimal learning pace for optimal performance in the Brain Gym® 101 and other classes. The basic 26 Brain Gym® exercises are actually just the tip of a very large ice berg. Many people know or have heard about the basic exercises. Few seem to realize the enormity of the body of work that is Brain Gym/Educational Kinesiology. There are many classes offering many more exercises, activities, processes and information about the relationship of movement to learning/performing...anything.

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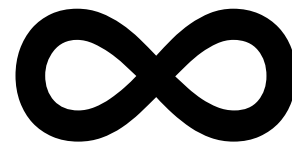
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*box of crayons. I introduced Double Doodle into our sessions. I had her write her name with her right hand as a pre- and post-activity and play with simple Double Doodle scribble drawing for five to ten minutes. On the first day, before Double Doodle, she printed her name with a lot of effort all the way over on the left side of the page. After a short period spent doing the Double Doodle activity, she still used the left side of the page; however, she signed her name in cursive with a lot more ease. She was surprised, and very pleased with herself. We hung the drawing up on her wall where she could see it. I overheard her on the phone with her daughter later that day, proudly stating, "I drew a picture in therapy today and it's hanging right here on my wall where I can see it."*

*We repeated this process on each of the next three days. On each day her handwriting made a visible improvement. By our third session, after Double Doodle she easily signed her name in cursive right smack in the middle of the page. And she was having fun. In fact she had quite a little gallery of drawings by the fourth day.*

*I had never really considered Double Doodle in this type of context; this experience really sparked my interest in the potential of two- handed drawing to restore function after stroke. I'm hoping to find more opportunities to explore this possibility.*



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