

Brain Gym® - An effective approach in overcoming physical, emotional & mental blocks

Brain Gym®, often referred to Educational Kinesiology or *Edu-K* the larger body to which it belongs, is a system of simple, purposeful physical activities that enhance brain function and further develop neural pathways throughout the brain.

From the moment that we are born we are experiencing and exploring our new environment. We feel, we hear, we smell, we taste, we see. It is utterly extraordinary the amount of information that we take in, synthesize and assimilate, particularly during the first few years of life. As we become mobile our curiosity takes us on explorations of grand proportions. The sensory information becomes richer & richer. Our neural network expands exponentially every day. This is the physical & psychological foundation upon which we build our lives, yet the learning process is one that continues throughout our lifetime.

When we experience interference in this process at any age the results can manifest in many ways due to incomplete or inhibited neurological function & development: learning disabilities, depression, low self esteem, behavioral problems, lack of motivation/creativity to name a few.

The 26 Brain Gym activities promote the integration and fine-tuning of sensory information into a rich **whole** experience. Many of the movements stimulate activity in the frontal lobes, the brain areas of higher thinking, drawing away from emotional overwhelm of the limbic system. *Midline movements* develop the connections between the left and right hemispheres of the cerebral cortex, allowing one easy access to the unique functions of each hemisphere simultaneously. The Brain Gym process is combined with a gentle guiding and coaching approach to incorporate the goals and ideals of the individual. The ultimate objective of Brain Gym is **whole brain integration**, or in fact *whole body integration*.

Benefits of whole brain integration:

- Reduced stress level, calming of the nervous system
- Improved physical co-ordination
- Improved visual & auditory function
- Improved verbal & physical expression
- Allows one to respond rather than react
- Broadens our perspective; able to see the details & the big picture simultaneously
- Improved organizational skills
- Greater body awareness

Leads to...

- Increased confidence & self esteem
- Sense of control and empowerment
- Joy, happiness and sense of well being

The Brain Gym system was developed by Dr. Paul Dennison over a 20 year period as he focused on the causes and treatment of learning disabilities. Dr. Dennison's profound appreciation for the correlation of physical development to the learning process compelled him to study many disciplines in the area of movement. The Brain Gym model was developed as he synthesized his extensive knowledge. He introduced his first Brain Gym course in 1981. Today Brain Gym is recognized in more than 20 countries and is taught in thousands of private and public schools. It has also been adopted as a valuable tool in numerous therapies, corporate and athletic training.

Brain Gym is appropriate for all ages and will enhance any other therapy or learning program by physically preparing an individual to move forward. The results are progressive and cumulative. Brain Gym improves performance regardless of where we begin our journey. Our bodies can serve as a prison or as an integral part of our being where the joy of living and learning can once again be discovered.

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Further information on Brain Gym® and research packages can be obtained by contacting the Educational Kinesiology Foundation, Suite 204B – 1575 Spinnaker Drive, Ventura CA USA 93001 1-800-356-2109 website: www.braingym.org