



brain optimization techniques & programs

PO Box 33216 Phoenix AZ 85067

powered by genius

Puttin' On Your Moves

Accessing Your Movement Intelligence for Expanded Living and Learning

Up Close & Personal with Cristina Whitehawk of Powered By Genius™.

To keep my day flowing smoothly I use Brain Gym® throughout the day. One technique I use is PACE – a Brain Gym sequence for being **Positive, Active, Clear** and **Energetic**. In the last issue I discussed keeping ourselves *active* using **Cross Crawl**. In this issue we will go to the final Step 4, *Positive*.

- **Positive– Hook Ups.** For feeling calm, organized, and able to concentrate on the task at hand.
- **Step 1** -While standing, sitting, or lying down, cross feet at ankles. Extend arms in front of you, pointing thumbs down, palms facing outward. Cross one hand over the other so palms are together. Interlace fingers, bend elbows and draw clasped hands to chest. Hold for 1 minute or less while relaxing and breathing. **Step 2** - *Unhook hands and feet and touch finger tips together. Hold for 1 minute or less. Notice a new sense of calm.*

We will be learning the PACE procedure at the Introduction To Brain Gym. (see next next column). Please join us!

What Hook-Ups Does

"...activates balance-related muscles, reestablishing equilibrium following physical, emotional, or environmental stress." From *Brain Gym Teachers' Edition*, Dennison & Dennison, pg. 68

To purchase this book, go to

<http://www.poweredbygenius.com>

Click on "bookstore."

2012 Brain Gym 101 Schedule

(Registration form attached or register online:

<http://www.poweredbygenius.com>

- Feb. 18-20, 2012 (Presidents' Day)
- April 12-14, 2012
- June 21-23, 2012
- Oct. 6-8, 2012 (Columbus/Native Peoples' Day)
- Nov. 10-12, 2012 (Veterans' Day)

Introduction to Brain Gym

Attend a "taste of Brain Gym" at no charge to you. January 22, 1-3 p.m. Please RSVP at <http://switchedonselling.eventbrite.com/>

Location info will be emailed to you upon signup.

Adventures In Learning Conference

Featuring Mike Scadden, Brain Compatible Learning Expert, New Zealand.

Feb. 11-12, 2012.

a two-day symposium that aims to provide educators, administrators and professionals with the tools to effectively reach and teach every student in new and exciting ways. From 1995-2004 over 400 international visitors traveled to the Puna School, New Zealand, to learn practical strategies that led students' academic results to rise significantly above the national average. Also created was a drop in the school's annual detention rate from 400 incidents in 1996 to 1 in 2004. For more information and registration: <http://mikescaddan2012.eventbrite.com/>