

Cristina Whitehawk

20 year licensed  
Brain Gym©  
Consultant and  
Instructor

Phoenix, Az. USA

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*Powered By Genius* provides innovative educational programs to optimize personal corporate and educational  
Genius



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## What I Know After Teaching Brain Gym for 20 Years

Brain Gym

- calls forth from each individual exactly what they need at the moment
- clears "stuck" places in our development whether it is a child or adult
- honors the individual where they are in their life process at all times
- doesn't "fix" – it supports systems working together effortlessly
- shows us how we can always be reaching to fulfill our limitless potential no matter:
  - what the age
  - what the abilities
  - what the circumstances
- teaches me something about myself every time I work with someone using Brain Gym
- always humbles me with the profound changes I witness almost immediately
- is awe inspiring with how effortlessly we move forward when using Brain Gym
- always fills me with gratitude for such a simple tool; yielding such profound results

If you are ready to experience the joy and wonder of what Brain Gym can do for you, please call Cristina Whitehawk. At 602-252-3249 and schedule your private appointment now. Better yet, sign up to learn Brain Gym and participate in the fun!

## 2009 Brain Gym Training Dates – Join the Fun! Enroll Now!

- 📅 April 9 – 11, 2009
- 📅 June 18-20, 2009
- 📅 July 16 – 18, 2009
- 📅 Sept. 24-26, 2009

*Tuition:* \$395 + \$38 materials fee prepaid. \$425 + \$38 materials fee at the door. Brain Gym grads review for just \$200 + materials fee prepaid!

- 📅 Purchase orders accepted.

- 📅 2.1 CEU's for Physical Therapists
- 📅 24 hour *Certificate of Completion* given. Valid for Arizona clock hours.

Brain Gym - used by students, teachers, parents, artists, counselors, social workers, athletes, health-care and business professionals the world over!

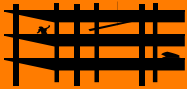
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**Brain Optimization  
Techniques and  
Programs.**



**Enjoy new levels of  
excellence  
personally  
professionally  
academically**

We're on the Web!

See us at:

[www.poweredbygenius.com](http://www.poweredbygenius.com)  
[www.powerebygeniuspublishing.com](http://www.powerebygeniuspublishing.com)

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Cristina Whitehawk

**Powered By Genius Teams with Writers Resort for Spa Day!1,**

As a graduate of the Brain Gym 101 course, business owner Gwyn Nichols enjoys the benefits of Brain Gym on a daily basis. Here's what she has to say about Brain Gym: "For me, Brain Gym is like having the phone company come out and connect the wires. It's a modality I recommend for all writers, for anyone who wants to keep learning. So here's your chance to enjoy a day with me, our fellow writers, and one of the most experienced Brain Gym facilitators on the planet."

**Writers' Resort  
Spa Day, May 2  
Soul Nurturance**

Did you know we learn more in pleasant surroundings? And we learn more while relaxed! That's why we've chosen The Lamar of Scottsdale Arizona to pamper your body while we energize your writing fluency and nurture your soul.

**Saturday May 2, 2009 9 AM - 3 PM**

May's event features guest author Cristina Whitehawk with her book, *Doorways to Daily Soul Nurturance*. As a licensed Brain Gym® instructor, Cristina shares simple and profound ways to expand your focus and creativity, and to connect her beautiful affirmations with your soul, both body and spirit.

Cristina's book, Gwyn's writing treats, lunch, and a choice of spa service are all included.

**Gwyn Nichols**  
Writers' Resort

**Cristina Whitehawk**

**Register: WritersResort.org**

**Invite Brain Gym To Your Venue**

**Educational Genius**

- In-Service Trainings
- Brain Gym 101
- *Eye Teaming & Its Connection to Achieving Goals*
- *The 3 Dimensions of Learning*
- Residency days – 1:1 with students facing challenges.

**Business Genius**

- *The More Fat the Better!* (in your brain-not on your body). More fat means increased peak functioning. Book now!

- *Proactive Planning and Benchmark Development!* Achieve benchmarks easily and effortlessly.
- *Eye Teaming & Its Connection to Achieving Goals*
- *Executive Focus.* 1:1 with Cristina who is known for her keen insight. She asks the deep questions you didn't know were there. Allow yourself to quickly create and move through the turning points of your life – career – business.
- 602-252-3249  
<http://info@poweredbygenius.com>

**About Cristina Whitehawk & Powered By Genius™**

Cristina believes we are all powered by Genius. She has been supporting others in easily and effectively accessing their Genius using Brain Gym for the last 20 years. You are invited to enjoy more of your potential through private sessions and Brain Gym 101 workshops. Cristina is the author of *Doorways To Daily Soul Nurturance: A Book for Daily Inspirational Focus*. Please purchase at <http://www.poweredbygeniuspublishing.com>

*He knows himself greatly who never opposes his genius.* Wm. Blake

■ You are encouraged to forward/reproduce this newsletter in its entirety to others. Thank you!