

Cristina Whitehawk

21 years licensed
Brain Gym®
Instructor and
Consultant

Phoenix, Az. USA

In This Issue:

Page 1

- Puttin' On Your Moves! Why Movement **IS** the Door to New Beginnings
- Two Exciting New Books!
- 2010- Brain Gym 101 training dates

Page 2

- Featured Brain Gym Movement - Balance Buttons!
- Bring Brain Gym to Your Venue
- About Us

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



powered by genius

Puttin' On Your Moves – Accessing Your Movement Intelligence for Expanded Living and Learning

Why Movement is the Door to New Beginnings

Our higher functioning “thinking brain” evolved from our movement brain - the cerebellum. The more we move, the more learning is optimized. Schools with movement programs, including Brain Gym®, report a decrease in absenteeism, disciplinary actions and an increase in academic proficiency.

Also, movement particularly affects the executive functions of the brain having to do with *planning, organizing, initiating or delaying responses, understanding consequences and improving working memory.*

Movement stimulates and creates BDNF- Brain-derived neurotrophic factor which keeps brain cells healthy and grows new brain cells. Brain cells have to change in order to grow –and it is through

movement that this growth is accomplished.

“Today I fine tuned my classroom practice by doing slow cross crawls. What a profound difference! Here's what the children noticed: "I feel more peace in the room." "I am not as tired." "I am using more muscle power." "My insides are energized." R. Siciliano, Montessori Teacher, Phoenix, Az

Two Exciting New Books!

- *Brain Gym® Teacher's Edition*, Dennison & Dennison. 135 pp. 26 Brain Gym movements for building up new movement and sensory skills and enhancing all daily life endeavors. \$29.95
- *Playing in the Unified Field: Raising & Becoming Conscious, Creative Human Beings*, Carla Hannaford, Ph.D, author of *Smart Moves: Why Learning is Not All In Your Head*. 256 pp., \$16.95

10% discount when ordering two or more books at one time! Any combo!

2010 Brain Gym Training Dates For Expanded Living

- Apr. 8-10, 2010
- June 17-19, 2010
- July 8-10, 2010
- Sept. 23-25, 2010
- Oct. 9-11, 2010 (Columbus Day Weekend)

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, parents, tutors, health-care and business professionals the world over.

P.O. Box 33216
Phoenix, Az. 85067 USA

Phone:
602-252-3249

Fax:
602-252-8394

E-Mail:
cristina@poweredby
genius.com

Brain Optimization Techniques and Programs



Enjoy new levels of
excellence

- personally
- professionally
- academically

Visit us at:

www.poweredbygenius.com

www.poweredbygeniuspublishing.com

Visa/MasterCard
accepted.

© 2008-10 all contents
Cristina Whitehawk

Puttin' On Your Moves – Take A One Minute Brain Gym Break

Balance Buttons

If you are among the *directionally challenged* give this Brain Gym movement a try! "Balance Buttons provide awareness for three directional movement – left/right, top/bottom, back/front. By holding these points the semicircular canals (the center of equilibrium in the inner ear) are stimulated. Gently hold with two fingers in the indentation behind one ear at the base of the skull while covering your navel with the other hand. Hold for 30 seconds, then switch hands. What did you notice? Excerpted from *Brain Gym® Teacher's Edition*, Dennison & Dennison.

Visioncircles Summer Workshop

Visioncircles creates a road map to the completion of developmental skills through movement, play and art. Our vision takes place in our brains, not our eyes. How we learn to move, think, and perceive is what shapes our vision and life experiences. Explore the 8 unique circles of your own perceptual world of visual, auditory and body awareness and enhance your internal and external vision. Open to graduates of Brain Gym® 101. June 25-27 Registration form attached.

Inviting 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.

- *Dynamic Sales Performance* – 1 day seminar. "Since the course I totally reorganized my home and office. I am seeing more people, making more calls, re-evaluating and writing down my goals. I feel clear about what must be done to succeed." .S.B. Roth, Financial Advisor
- *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 over 20+ years. You are invited to enjoy more of your potential through private sessions and Brain Gym based workshops. Cristina is the author of *Doorways To Daily Soul Nurturance: A Book for Daily Inspirational Focus*. Purchase available 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!

