



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 this issue we'll discuss keeping ourselves *energetic* by drinking **water**.

- *Energetic – Water, Several sips of water at a time taken throughout the day keeps our brains alert. Remember, we are an electrical system and water is needed to conduct the electrical impulses. When you feel less than energetic, reach for the water before the caffeine.*

In following newsletters I will cover the use of Pace for staying **clear, active and positive** throughout the day.

#### 2011 Brain Gym 101 Schedule

(Registration form attached or register online:

<http://www.poweredbygenius.com>

- Apr. 28-30, 2011
- June 16-18, 2011
- July 14-16, 2011
- Sept 15-17, 2011
- Oct. 8-10, 2011 (Columbus Day)
- Nov. 11-13, 2011 (Veteran's Day)

**Bonus!!** Register with full payment by

**March 6th** for the April workshop (\$395 + \$38 materials fee) and receive a \$20 coupon towards purchase of Brain Gym books. Check out all the books available at

<http://www.poweredbygenius.com>

#### Brain Gym® and Primitive & Postural Reflexes

Brendan O'Hara, Australia, author of *Movement & Learning*

"We are born with an innate, unconscious desire to walk and talk. We come supplied with a group of reflexes which emerge and unfold sequentially, variously run concurrently and then inhibit [integrate]. ...these reflexes facilitate our learning to move by causing us to wriggle, lift and turn our heads, roll, sit up, rock, crawl, stagger, walk, run, hop, skip and jump.

If the reflexes don't emerge and then inhibit [integrate] at their correct time, our neurological and physical development can be hampered and mild to severe challenges can be the result.

For instance, the *Sucking Reflex* for nursing, present at birth, inhibits at about three months of age. If this reflex didn't emerge or wasn't strongly developed, possible outcomes could be:

- undernourished baby
- sluggish digestion
- slow speech development

A "retained" instead of inhibited *Asymmetrical Tonic Reflex* could result in:

- poor balance and vision
- poor hand/eye coordination
- reading and writing challenges

Brain Gym processes quickly resolves reflex challenges.

Contact Cristina Whitehawk for further information.