

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



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[Using Your Body to Create Your Desired Change with Brain](#)

"Why can't I stop doing (fill in the blank)?" "Why is it so hard to accomplish (fill in the blank)?" Why does change seem so difficult?" Let's look at what I call **The Change Myth**: "Change is hard." "It takes a lot of conscious effort." "You have to 'fight' against repeating the 'bad' habit and it 'taking over'." "With a lot of time and practice, a new habit will eventually become automatic."

Instead of living with this mythical way of thinking, I invite you to allow Brain Gym to evaporate this myth. In Brain Gym we focus on creating the new desired habit(s) by effortlessly reorganizing your brain/body function to create the new desired patterns. When using the Brain Gym movements, you consciously create new hardwiring for what you want in your life instead of *expending energy to stop doing what you don't want to do!*

Brain Gym supports you and your new habits to become "automatic" immediately. This creates a 'bypassing' of the neurological patterns of the 'bad' habit resulting in it eventually dissolving from lack of use. Bring on your desired change using Brain Gym! Contact Cristina today to create the change you want and desire in 2009!

[A New You for the New Year Workshop!](#)

- **Out With The Old** (Resolutions)
- In With The New (**Values-based Power Statements**)
- **No Resolutions** Ever Again!
- Using **Inner Wisdom** as your 2009 Mentor
- The Power of **Whole Brain Languageing**.
- **Consciously Creating** From Within First
- Creating **New Neurological Pathways** using Brain Gym®
- Feb. 28, '09 - Mesa - : 1 - 4 P.M.

Book this workshop at your venue!

[2009 Brain Gym Training Dates – Join the Fun! Enroll Now!](#)

- 📅 Feb. 14-16, 2009
- 📅 April 9 – 11, 2009
- 📅 June 18-20, 2009
- 📅 July 16 – 18, 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!

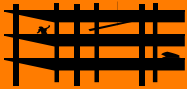
P.O. Box 33216
Phoenix, Az. 85067 USA

Phone:
602-252-3249

Fax:
602-252-8394

E-Mail:
cristina@poweredbygenius.com

**Brain Optimization
Techniques and
Programs.**



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excellence
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academically**

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accepted.

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Cristina Whitehawk

A road map to completing developmental skills through movement, play, and art. Emphasis on perceptual intelligences and vision enhancement. Open to Brain Gym 101 graduates. Phoenix area location. VisionCircles counts towards becoming a licensed Brain Gym Instructor/Consultant.

📅 March 20-21-22, 2009

📅 Tuition: \$395 prepaid. \$425 at the door.

We all experience gaps in the completion of our developmental skills. With VisionCircles you can quickly and playfully close them and reach goals that have seemed unreachable. Change your perceptions and change your life!

See attachment for registration

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!

Doorways to Daily Soul Nurturance: A Book For Daily Inspirational Focus is proud to announce its presence to the world! Authored by Cristina Whitehawk, with beautiful water color illustrations by Susan Thornberry, copies are now available for \$26.95 + tax, shipping, etc.

You are invited to attend the Celebration Book Launch and Signing on Sunday, March 1 at 1 p.m. Please contact Cristina Whitehawk for details.

Doorways to Daily Soul Nurturance is a book about timelessness; the timelessness of the cycles of life; the timelessness of the Creator's love for us. It speaks about the self's journey to Self and the soul's journey Home.

- 📅 *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.

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!