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20+ years licensed
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In This Issue:

Page 1

- [Puttin' On Your Moves! Body Centered New Year Resolutions](#)
- [2010- Brain Gym 101 training dates](#)

Page 2

- [Featured Brain Gym Movement - Water!](#)
- [Bring Brain Gym to Your Venue](#)
- [About Us](#)

Powered By Genius provides innovative educational programs to optimize personal corporate and educational
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Puttin' On Your Moves – Accessing Your Movement Intelligence for Expanded Living and Learning

Bidding you a joyous new 2010!

May all your intentions you set for the new year enthusiastically welcome themselves into your life. Speaking of intentions, many of you (locally) attended my 10th annual *Focus Your Intention for 2010* workshops where we created body-centered intentions. Why body centered? We have all had the experience of dropping or forgetting our new year's resolutions after a few weeks, More than likely it was not body-centered to begin with. In the *Focus Your Intention* workshops, we used Brain Gym® to activate the resolution/intention in the body so participants can go forward effortlessly

achieving their intention without having to keep reminding themselves about doing it. How's that for setting Power Intentions? Here's what a few attendees had to say about *Focus Your Intention*:

- I discovered a new layer of me and what to do to move forward.
- I came in thinking I would create a certain intention and left with something deeper and much more meaningful.
- This is a tool to help achieve goals that have seemed impossible to achieve in the past.
- The physical piece to manifesting goals is what is unique to this approach.
- This is the fastest way to get clarity of vision and fulfill it!

Cont. on page 2

2010 Brain Gym Training Dates – Boost Your Brain Now!

- Feb. 13-15, 2010 Presidents Day
- Apr. 8-10, 2010
- June 17-19, 2010
- July 8-10, 2010

Purchase orders accepted

2.1 CEU's for Physical Therapists

24 hour *Certificate of Completion* given. Valid for Arizona clock hours.

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

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

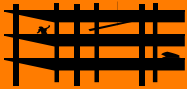
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Cristina Whitehawk

The *Focus Your Intention* workshop is wonderful any time of the year when you want to effortlessly create new behaviors whether personally, professionally, academically or in the performance arena. Call us and we would be happy to come to your venue! Focus your new year by setting Power Intentions!

Puttin' On Your Moves – Take A 1 Minute Brain Gym Break

Sipping Water

Water is an effective way to restore hydration to the brain/body system. It is best absorbed by the body when taken in frequent small amounts. In *Smart Moves: Why Learning Is Not All In Your Head*, Carla Hannaford explains: "water...makes up 80% of our body weight at birth, and 70% of an adult's body weight...Our bodily systems are electrical. Ultimately, it is the electrical transmissions with the nervous system that make us sensing, learning, thinking, acting organisms.

Water, the universal solvent, is

essential for the electrical transmissions and for maintaining the electrical potential within our bodies."

Other liquids are said to be processed in the body as food, and do not fully serve the body's water needs. Feeling a little sluggish, can't focus, stressed? Reach for that glass of water first!

Cristina is always interested in how you use the Brain Gym movements and what your experience of them is. She can be reached at Cristina@poweredbygenius.com. To purchase copies of *Brain Gym® Teacher's Edition Revised*, \$29.95 Cristina@poweredbygenius.com

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.
- *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.

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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 101 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!