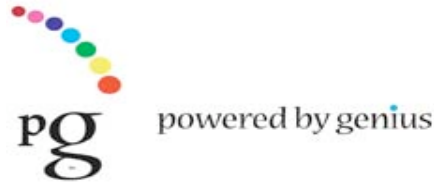


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Puttin' On Your Moves – Accessing Your Movement Intelligence for Expanded Living and Learning

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

Learning From Our *Inner Baby*

I viewed the film *Babies* this past weekend. This film depicts the first year of four infants growing up in four different countries; Mongolia, Namibia, San Francisco and Tokyo. I was struck of course by the universality of how we all go through the same developmental stages no matter where we are born. Yet each culture provided a wonderful view into how we are shaped by our locale.

As I reflected on each child's development from a Brain Gym® perspective I noticed back-front brain integration taking place. Back-front brain integration helps us to know where we are in space and feel safe participating in our world. I observed each child fearlessly navigating his or her world driven by their great curiosity. As an adult, are there places you no longer allow your curiosity to propel you forward because of fear. Fear of not doing something perfectly, fear of failing or whatever reasons you tell yourself?

A Namibian boy, approximately 2 years old adeptly using tools with great accuracy astounded me. Not only did he know where he was in space (back-front brain), he also knew his relationship with his tools (stones) and his task at hand as he accurately

wielded them. This is a reflection of great top-bottom brain integration for organization- where we plan, organize and line things up in our lives. Where in your life could you have a greater awareness of your relationship to your world around you and more effectively plan and organize?

Even though the children were in their early stages of verbalization, left-right brain functions for healthy communication were evident when it was time to breast feed, change activities or communicate frustration at not being able to accomplish a task. Where in your life can you more clearly communicate your needs, wants and desires. To whom?

The children were all deeply cherished, whether they wore diapers or were bare bottomed, nursed or bottle fed, surrounded by cows, goats and roosters or playing in a city park. And I saw PLENTY of movement, especially when the babies began crawling. It appeared the children were free to roam and discover their world in a safe manner, especially the children from Namibia and Mongolia. What a great start in life for them!

I challenge you to check in with your "inner baby" and discover where its curiosity wants to lead you! You can check out the trailers for this film at <http://www.filminfocus.com/focusfeatures/film/babies>

2010 Brain Gym Training Dates – Boost Your Brain Now!

- 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 \$215 + 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, tutors, health-care and business professionals the world over!

Registration form below.

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

Earth Buttons

Feeling scattered and ungrounded?
Having challenges keeping your place
visually when looking up at the computer
then back down to the keyboard or your
desk top? *Earth Buttons* provide the visual
focus necessary for looking up and down.
By holding these points the eyes, hands, and
whole body become better coordinated.
Place two fingertips under your lower lip
while resting the palm of your other hand
over your navel, fingers pointing toward the
ground. Trace a vertical line with your eyes
(e.g. floor to ceiling) while breathing 6
relaxed breaths. What did you notice?

Excerpted from *Brain Gym Teacher's Edition*,
Dennison & Dennison. \$29.95
Call or email Cristina to reserve your copy.

Annual Visioncircles Workshop Register Now!

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.

Save \$30 by registering now.
See registration form below for details.

Inviting Brain Gym To Your Venue

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- ☞ Brain Gym 101
- ☞ *Eye Teaming & Its Connection to Achieving Goals*
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- ☞ *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
linfo@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 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

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Registration

Brain Gym® 101

&

Visioncircles™

Name _____

Address _____

City _____ State _____ Zip: _____

Telephone (h) _____ Telephone (w) _____

Email address: _____

Brain Gym 101 Workshop Dates

Time: All workshops meet from 9:00 – 5:30 all three days (24 contact hours)

June 17-19, 2010 Oct. 9-11, 2010

July 8-10, 2010 Nov. 11-13, 2010 (Veteran's Day)

Sept. 11-13, 2010

Tuition: \$395 + \$38. materials fee or school purchase order prepaid. \$425 + \$38. materials fee at the door.

\$395 + \$38 materials fee (\$433.) \$425 + \$38. materials fee at the door (\$463)

I am reviewing \$215 + \$38 for new BG manual. Date of last Brain Gym workshop _____

I am reviewing \$215 and already have the new BG manual. Date of last BG workshop _____

I am a physical therapist and will need CEU's for Brain Gym 101.

School purchase order to follow (fax to 602.252.8394)

Visa or MasterCard Check enclosed payable to *Powered By Genius*

Visioncircles Workshop Dates

Time: Workshop meets from 9:00 – 5:30 all three days (24 contact hours)

June 25-27, 2010

\$395 prepaid. \$425 at the door

School purchase order to follow (fax to 602.252.8394)

Visa or MasterCard Check enclosed payable to *Powered By Genius*

Credit Card No. _____ Exp. Date _____

Credit Card Signature _____

Mail to address above or
Fax to: 602.252.8394