



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 the last issue I discussed keeping ourselves *energetic* by drinking **water**. In this issue we will go to Step 2, **Brain Buttons**,

- **Clear – Brain Buttons.** Activates core muscles for body balance.
- Using the thumb and index finger of one hand, place them in the two soft tissue spots below collarbone on either side of breast bone. Cover navel with other hand. Gently rub the brain buttons 20-30 seconds. Hold other hand still. Switch hands if desired.

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

2011 Brain Gym 101 Schedule

(Registration form attached or register online: <http://www.poweredbygenius.com>)

- 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)

Do Dogs Use Whole Brain Communication?

"Asymmetric tail-wagging responses by dogs to different emotive stimuli."

Click on this link - what do you think!

<http://www.care2.com/greenliving/is-your-dog-happy.html#ixzz1LtevH3OY>

3 Things Brain Gym 101 Training Can Do For You.

- Create a new desired habit in less than an hour rather than 21 days
- Learn any subject easier
- Achieve and perform effortlessly

More in July-August newsletter!

About Cristina Whitehawk

- 22 year licensed Brain Gym Instructor/Consultant
- Master Facilitator
- Private appointments available

Check Out Our New Phenomenal Women! website.

Using Brain Gym we support women in *discovering, drawing out and engaging* their Phenomenal Woman.

Join our June, July and August meet-up groups. No charge, open to the public.

www.phenomenalwomen.biz

He knows himself greatly who never opposes his genius. Wm. Blake

You are encouraged to reproduce and/or forward this newsletter in its *entirety* to others. Thank You!

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