

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 educational  
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## Balance Your Brain – Balance Your Life

Living life in the fast lane takes its toll on our ability to function optimally. As we move from one activity to another, rarely taking a moment to catch our breath, we begin to think this is “normal”. Trust me, it isn’t “normal”. Taking a moment to use Brain Gym® to tap into the inner serenity we push aside can quickly restore us to healthy functioning of our brain/body system.

Brain Gym offers you an easy-to-use tool that can not only support you in experiencing more serenity, it also supports you in attaining the seemingly unattainable. Students excel at

subjects that just a few weeks ago they were struggling to master, performers give flawless performances, feeling relaxed and confident; educators find themselves being able to effortlessly guide their learners to higher and higher levels of subject matter, and the list goes on.

Isn’t it time you gifted yourself with a balanced life? Brain Gym is easy to use for any life situation. Discover a permanent tool for reaching personal, professional and performance goals. Brain Gym is applicable for students, teachers, parents, counselors, social workers, artists, athletes, those in the health care industry, and business professionals.

## 2009 Brain Gym Training Dates – Join the Fun! Enroll Now!

- 📅 June 18-20, 2009
- 📅 July 16 – 18, 2009
- 📅 Sept. 24-26, 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

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## Devita PrimeTime Women

My book *Doorways To Daily Soul Nurturance* and I were guests on Cherylann Devita's Prime Time Women weekly radio broadcast recently. To listen to the broadcast go to

<http://www.poweredbygeniuspublishing.com>, click on media, click on the link and enjoy! During the interview we discussed how I combine Brain Gym with each day's inspirational message in *Doorways* to be able to live the message.

Through Soul Nurturance Parties I teach others how to do this. If you would like to sponsor a party at no cost to you whatsoever, please contact me at 602.252.3249 or [cristina@poweredbygeniuspublishing.com](mailto:cristina@poweredbygeniuspublishing.com) for the details. It's easy, it's playful, and your guests go away

feeling terrific because they have been brought into balance with Brain Gym. Everyone leaves with a technique they can use for daily, balanced living.

Oh! Be sure and check out the Devita All Natural Skin Care line at your local health food establishment. Great products to nourish you on the outside while *Doorways* nourishes you on the inside.

### Soul Nurturance Party!

Sat. May 16, 2009

4-6 P.M.

Ide Mania Salon

2501 N. Central Ave. Phoenix

602-265-3880

**Join Us!**

## 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!

- *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. Cristina is the author of *Doorways To Daily Soul Nurturance: A Book for Daily Inspirational Focus*. Please purchase 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!