



brain optimization techniques & programs

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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 *clear* using **Brain Buttons**. In this issue we will go to Step 3, *Active*,

- **Active– Cross Crawl.** Enhances overall balance, coordination and structural integrity.
- While walking in place touch left hand or elbow to right knee, then right hand or elbow to left knee. Enjoy the rhythm of crossing over the body midline.

In next newsletter we will finish this 4-step PACE process using the Brain Gym process for keeping yourself Positive.

The History of Cross Crawl

“As a child grows, the interweaving of movement on opposite sides of the body naturally occurs during such activities as crawling, walking and running. During the last century, crawling has been used to maximize

learning potential. Experts have theorized that contralateral movement works by activating the brain’s speech and language centers; we further hypothesize the Cross Crawl activity is effective because it provides a consistent pattern of whole-body movement”. *Brain Gym Teachers’ Edition*, Dennison & Dennison, pg. 31 To purchase this book, go to

<http://www.poweredbygenius.com>

Click on “bookstore.”

2011-12 Brain Gym 101 Schedule

(Registration form attached or register online:

<http://www.poweredbygenius.com>

- Nov. 11-13, 2011 (Veteran’s Day)
- Feb. 18-20, 2012 (Presidents’ Day)
- April 12-14, 2012
- June 21-23, 2012
- Oct. 6-8, 2012 (Columbus/Native Peoples’ Day)
- Nov. 10-12, 2012 (Veterans’ Day)