



## THE EDU-K UPDATE

APRIL 2012



I am in the unique position of wearing more than one hat in this organization. I serve as an International Faculty member and am currently Board Chair. I have the opportunity to be involved in both the governing aspects of the Edu-K Foundation, and I am “out there” facilitating the work.

I recently held a fabulous *Brain Gym*® *Teacher Practicum*. The depth of the conversations and information sharing was astounding—we had a blast! In a course such as this, there can definitely be a blur between teacher and student. The class began with a clear distinction of instructor/participant, yet we parted ways at the end of class as colleagues. What a treat for me!

Serving on the board and faculty may present its challenges here and there, but I am so very pleased to have these opportunities. More than 20 years ago when I took my first Brain Gym class, I would never have predicted this level of willing involvement. In fact, I disliked committee work prior to my involvement with Edu-K. I guess it goes to show how embodying the work and doing the balances really works – thankfully.

I look forward to the August conference in Colorado with all of my colleagues and my “not yet” colleagues. See you there.

Sincerely,  
Bonnie Hershey  
Board Chair, International Faculty  
Brain Gym® International

## Edu-K Tips and Tools

[More on Brain Gym Stories](#)

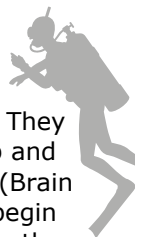
Anyone can develop stories with Brain Gym activities to use with children. Susan Wilbur, a Licensed Brain Gym Instructor, passed on the following stories from a teacher, Julie Robb. The best part is that these were written by a six-year old boy! Enjoy!

### Peanut Story

The peanut boy puts on his uniform and buttons it by doing his Brain Buttons. Then he walks with his peanuts to the baseball stadium doing The Cross Crawls. When he gets to the stadium, he has to crack open the peanuts cracking them open by putting one into his hands and doing Hook Ups. He then takes a deep breath to get ready and touches his Positive Points and yells “I will do my best!” He then holds up his bags of peanuts and waves them all around (doing Double Doodles) to sell them. Then he creates his peanut vision (Lazy 8s) and sees the baseball players stretching (Arm Activation). Then he yawns (The Energy Yawn) and wakes up!

### The Diver Story

The divers get ready to dive. They approach the edge of the ship and assume the jumping position (Brain Buttons). They jump in and begin swimming (the Cross Crawl) in the water. They see a goldfish and grab it and hug it (Hook Ups). The fish wiggles away and the divers take a deep breath (Hook Ups Part 2). They see something shiny on the



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### Brain Gym News & Events

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[Cindy Goldade, M.Ed](#)

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### In Memory...

### A Brain Gym Story

### Ask Dave



## Brain Gym News & Events

### Events

#### **2012 Annual Brain Gym® Conference**

2012 August 2-5  
Colorado State University  
Fort Collins, Colorado, USA

[Online](#) Registration is now open! Register by JUNE 15th for the best rate!

#### **2013 Annual Brain Gym® Conference**

Bali, Indonesia  
Stay tuned for more details...

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*Remember, you can hold a Brain Gym® Day in your own region. Licensed instructors receive re-licensure credit provided a roster and processing fee is submitted to the Foundation. A Brain Gym Day is designed to act as a mini-conference. Components might include balancing, guest speakers, networking and more. If you are interested in developing a Brain Gym Day, write to [info@braingym.org](mailto:info@braingym.org).*

## Spotlight On: Post Conference Courses!

The following courses and more (to be spotlighted in May's issue) will be held after our 2012 Annual Conference. For specific information on tuition and dates, visit our [conference website](#). You can also click on the links below to see full course schedules:

#### **Hands On - How to Use Brain Gym in the Classroom (HO 106)**

Marcelle (Goldsmith) Shaman and Isabel Cohen from South Africa co-authored this brilliant course after developing a book, Hands On. The course draws from their 20+ years of experience in education. Participants will gain experiential insight into using Brain Gym in the classroom and with their clients. Open to all.

#### **The Balance and Power of Resonance (BPR 240)**

Optimize your authenticity and creativity while learning the effects of play, resonance/sound and music on the heart and brain. Brain Gym and associated movement/sound activities are used to facilitate full sensory and language development, healthy emotions, life-long learning and joy in all aspects of life. Open to all students who have taken Brain Gym 101.

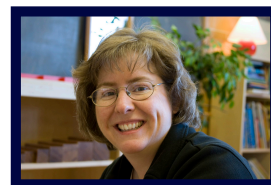
bottom of the ocean and reach down to get it (The Gravity Glider). It was only seaweed. So they go back to the top of the water (more Cross Crawls).

## Featured Faculty Cindy Goldade, M.Ed

Cindy is a former Montessori educator with 25 years of experience in the classroom, has been a Licensed Brain Gym® Instructor since 2003, and owns a business, *In-Motion Intelligence*. She is a certified Train the Trainer in the state of Minnesota and a master teacher of adult education. As an adjunct professor at two universities and a dynamic public speaker, she brings the relationship between movement and lifelong learning to hundreds every year. Additionally, Cindy teaches Brain Gym® International's core curriculum (Brain Gym 101, Optimal Brain Organization, In Depth and Practicum) and Visioncircles, offers a multitude of introductory trainings, sponsors other classes, facilitates private sessions with clients, and works as our Operations Director. The rest of her life is filled as mother of three children (7, 11 and 13) and wife where she dispatches for her husband's company. This woman wears many hats and regularly balances for integration!

### Cindy's BG Story:

Ten years ago I owned and operated Evergreen Montessori School. A



parent at my school attended a two-hour Brain Gym Intro; she brought me the notes and the instructor's contact information assuring me I'd be interested. It was the middle of winter in Minnesota, our house was busy with a newborn and a two year old, sleep was at a premium, the Montessori school had its first waiting list, and I felt like life was a continuous rat race. I registered for the Brain Gym® 101 course as an escape from reality. Little did I know it would change every aspect of that

## Switched-On Golf® (SOG 10)

Join Faculty member and course author, Pamela Curlee for eight hours of fun that combines the skills and inner discipline of golf with Educational Kinesiology balances and movements. Learn the buddy system and self-referral processes, Brain Gym activities and the soft skills of golf. The integrated golfer moves from "try" to "natural" for a whole new golf experience! Open to all.

## Congratulations NEW Instructors ~

### CANADA

|                   |                 |
|-------------------|-----------------|
| Heather Bell      | Edmonton, AB    |
| Lori-Lynn Brigden | Pierrefonds, QC |

### CHINA

|                      |           |
|----------------------|-----------|
| Chan Shuk Tak        | Hong Kong |
| Chan Tsz Wai         | Hong Kong |
| Chan Wai Man         | Hong Kong |
| Chu Ting Nor         | Hong Kong |
| Kam Mei Kee          | Hong Kong |
| Lau Kit Ming         | Hong Kong |
| Lau Tak Ling         | Hong Kong |
| Leung Yui Ting       | Hong Kong |
| Lu Wei Hong          | Shenzhen  |
| Pau Hang Ching Kanas | Hong Kong |
| Wun Yu Man           | Hong Kong |

### MALAYSIA

|                      |                          |
|----------------------|--------------------------|
| Ang Vivian Lai Sim   | Seri Kembangan, Selangor |
| Goh Siew Wah         | Butterworth, Penang      |
| Tan Teik Chuen       | Skudai, Johor            |
| Wong Daphnie Mun Kit | Puchong, Selangor        |

## In Memory ~

*~ Remembering ~*

*Dorothy Carroll*

*Brain Gym® International's  
First Board Chair*

*Thank you for your contributions in  
solidifying our organization!  
You will be missed!*

reality! I noticed positive changes in my students and myself immediately —attitude, coordination, organization, relationships, academics, and then some! I took more courses and became licensed within a year. A couple of years later our third child came along and I was asked to teach Brain Gym® 101 at Hamline University. After much discernment I chose to close my school and focus more energy on Brain Gym. Becoming faculty was on my list of intentions and I'm so thrilled to be teaching the upper level courses now. Sharing this amazing work with others is a highlight of my life! It challenges my comfort zone as my professional opportunities expand. And perhaps more importantly, it brings me peace and happiness in ways I never imagined possible.

## A Brain Gym Story

### Part One

Licensed Instructor, Patricia Rendon, submitted the following testimonial from a participant in one of the teacher trainings she facilitated:

"...In 2008, I was working with a group of 12 youth (boys/girls) who were very rambunctious and defiant, ranging in age from 8-15. I had an assistant facilitator who helped me get the group all on the same page, but both of our efforts fell short.

After fifteen minutes of dealing with a 15-year old girl's attitude, an over confident but extremely intelligent 12-year old, and a bright & cheerful yet very young 8-year old boy, interrupting the group in their own special way; I decided to try out the techniques Mrs. Rendon had shared several months back. The youth followed [the PACE] procedure [plus Lazy 8s]... Several students stated they experienced a shock or felt some sort of stimulation between the fingers as they were connecting.

The true test took place when we entered back into group. Within a matter of 5-10 minutes, I witnessed

## Ask Dave

Dave administers and answers questions posted to our [website](#) message board, "Ask Dave". To visit or post a question [click here](#).

### Question (Reprinted from Dec. 2008 issue):

...Do these techniques work even when there has been (emotional) trauma to the brain at a very young age... as in post-institutionalized children (kids adopted from international orphanages?)...

### Dave's Answer:

Of course all appropriate medical and psychological avenues should always be pursued in situations as you describe. As with any exercise program please consult with the appropriate medical professional(s) before starting the Brain Gym exercise program. Some Brain Gym instructors I know have seen apparent benefits when working with persons such as you describe. I cannot state unequivocally that the addition of the Brain Gym activities was responsible for this change as these were not scientifically controlled situations.

the young lady with the attitude go from being uptight and non-responsive, to open arms and moderate participation. The 12-year old boy went from being a "know it all" to taking turns and staying silent unless called upon. The 8-year old boy went from being a "wiggle" monster to slowly relaxing and sitting with a longer attention span.

I was floored! Shocked! I couldn't believe my eyes! During break, my assistant and I spoke of the changes with our supervisor who encouraged me to use Brain Gym exercises in the beginning of every group..."

*Editor's note: there is more, which we'll share in the May edition.*

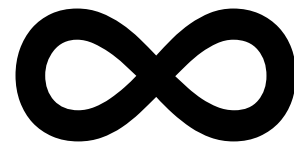


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