



THE EDU-K UPDATE

AUGUST 2008

Dear Students and Professional Members,

Once upon a time a parent of a Montessori student came into the child's classroom and enthusiastically shared what she'd learned at an introduction to Brain Gym®. The child's teacher was curious, attended the 24 hour Brain Gym® 101 course in February 2002, and took other Edu-K courses that were offered locally. The changes were subtle and yet astronomical. Fast forward 6 1/2 years, 700 hours of Edu-K coursework, and much personal transformation to meet the Director of Operations, Cindy Goldade.

It all started with practicing what I learned in that simple, yet profound, Brain Gym® 101 course. A fellow student and I paired up to practice the balances and movements from the very start. We continued meeting to balance while taking other courses toward licensure. I also practiced with friends and family a lot! It was a win-win as they benefited from the balance and I definitely transferred the material out of my head and into my body.

After becoming licensed, my unofficial mentor and teacher invited me to review some upcoming course material, co-sponsor a course, and join the Network Coordinator calls. The amount of practical knowledge gained from these experiences is immeasurable. I soon became an official volunteer of the Course Review Team. Listening and learning were my initial mottos. I found the Work to be invaluable when multitasking through motherhood, teaching, and learning.

The nudges into leadership were gentle invitations, such as, "could I facilitate a committee meeting when the chairperson was absent?" While very hesitant, I discovered that with the tools learned in the Edu-K coursework, yes I could indeed lead meetings. It was a natural transition from volunteering on a variety of committees to accepting the role of Director of Operations. I appreciate the creative outlet for my strengths and the continuous opportunities to build up other areas. Using the tools of Edu-K is vital for maintaining a sense of balance with the multi-faceted roles in my life.

How are you utilizing the tools received from Edu-K?

Sincerely,
Cindy Goldade, M.Ed.
Director of Operations
Brain Gym International

Edu-K Tips and Tools:

by Deborah Scott Studebaker

Greetings to the Edu-K community! My name is Deborah Scott Studebaker, and I am a Licensed Brain Gym® Instructor/Consultant in private practice in Los Angeles. I'm also an author, editor and writing teacher with a love of both words and movement - so I'm very excited to be joining the Edu-K Update team.

What draws me to "Tips and Tools" in particular is an appreciation of clear insights delivered in manageable chunks. My goal for these first few issues is to explore the nuances of our powerful balance process and its five steps. I envision supporting you with practical techniques that expand your use of this material. And because the Brain Gym® community is so creative, the techniques are already out there - we just need to bring them together. So I invite your contributions to this column!

Let's begin with the PACE warm-up. What questions have arisen as you've played with PACE on your own? If you've already used these four activities in your classroom, home or work place, how have you adapted or personalized them to meet your particular needs?

Kindly email your thoughts (50-75 words), including your name, city, and state or country, to info@braingym.org, and reference "Update" in the subject line. (Submissions must be received by the 15th of the month and may be edited for length.)

I look forward to hearing from you - and sharing how we use Brain Gym!

Brain Gym News & Events

Featured Faculty Member:

Paul Landon, FRANCE

Spotlight On:

Physiological Basis of Edu-K (103 PBE)

Edu-K Tips and Tools:

A Brain Gym Story

Ask Dave

Brain Gym News & Events

2008 BRAIN GYM® DAYS

South Africa

October 3-5 in Johannesburg,

"Celebrate Edu-K"

Contact: Marlize Basson +447769904280

Marlize@penuka.co.za

Florida, USA

October 11-12 in Destin, Florida:

A "Brain Gym Blossoms" retreat

Contact: Anne Hornstein,

LifeDancer@gmail.com

2009 BRAIN GYM® DAYS

Australia

January 10-18, 2009, in Melbourne, Victoria, Australia:

Summer School: "Expand Your Horizons"

Contact: Robyn Hampton,

robynhampton@optusnet.com.au

www.braingym.org.au

2009 BRAIN GYM® INTERNATIONAL ANNUAL CONFERENCE

Germany

April 16th-19th, 2009

"Movement, Brain and Learning"

Kirchzarten, near Freiburg, Southern Germany

WATCH FOR MORE DETAILS SOON!

Spotlight On: *Physiological Basis of Edu-K (103 PBE)*

Physiological Basis of Edu-K was written by Carla Hannaford, PhD, a Neurophysiologist, educator, and author. In this unique course, Carla provides the science and theory behind the learning process, explaining possible reasons for difficulties. Additionally, the course offers effective drug-free practical solutions for hyperactivity, ADD, and other learning and behavioral challenges. Open to all. To find *Physiological Basis of Edu-K* near you, [click](#)

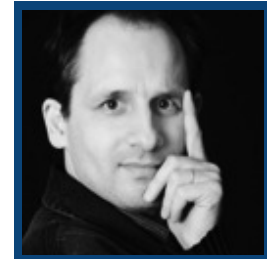
Featured Faculty Member

Paul Landon, FRANCE

Paul Landon, licensed Brain Gym® instructor and International Faculty member, has been with the Educational Kinesiology Foundation since 1991. He is the chairperson of the Brain Gym® association in France, which he created in 2004. Paul teaches Creative Vision, Language of Movement, Movement Reeducation, Total Core Repatterning, Visioncircles Teacher training, Movement Dynamics Teacher training, and OBO Teacher training. Feel free to visit his website, <http://mouvements.org> to find out more.

Paul's BG Story:

I was born in 1968. I had trouble learning in school and finally left at age 16 before my graduation. By age 21, I decided I must do something about my challenges.



Brain Gym was a revelation and a relief, and so I decided to make it my life. I began my training in 1990, and became an instructor in 1991 when Paul and Gail Dennison came to France. Since then I have been very active teaching in all of France and Belgium. First, I became licensed to teach Optimal Brain Organization, Visioncircles, and Movement Dynamics. Eventually, I became Associated Faculty for Belgium and ultimately International Faculty for France. Now I teach several of the advanced courses.

I am married to Tania Landon who is a graduate artist (visit <http://atelierecuyere.fr>) and a Brain Gym instructor. She teaches Double Doodle Art in our institute created in 1996 called Centre de Formation le Plaisir d'Apprendre (Training Centre the Pleasure to Learn). Together we have to daughters.

Mirror Image

I received a phone call the other day. As I listened and echoed back what I was hearing the other person say, I pondered, "What is the gold nugget from this interaction? What

here.

Congratulations to our NEW Instructors!

AUSTRALIA

Renska BunteHurstbridge, Vic

CANADA

Sharol CordnerPort Perry, ON

Danielle FaySaint Alfred, QC

Catherine FlattDundas, ON

Gaetane Marthe NoelSherbrooke, QC

Sheena SmithSault Sainte Marie, ON

CHINA

Yuk Ling LeeHong Kong

Donna Lee Yee MeiHong Kong

Ophelia Leung Kwan OiHong Kong

Romaine Li Suk FongHong Kong – Aberdeen Centre

Katrina Ng Kin PingHong Kong

Kate Pak Kwai HungHong Kong

Fung Yee TseHong Kong

Vivian Yung Yuet MeiHong Kong

ITALY

Maria Cristina PedrettiFirenze

Alessandra ScarselliRoma

MEXICO

Maria del Pilar Almenara RoldanCancun

SPAIN

Isabel Compan FernandezBarcelona

USA

Sandra BenfieldYork, SC

Teresa BockSaint Petersburg, FL

Ruth BurgettReston, VA

Rebecca DudleyHoward Lake, MN

Gary J. DukeCollierville, TN

Paula K. DukesColumbus, GA

Robin EhrlichClayton, MO

Margaret FreischelBloomington, MN

Linda GlickFairfax, VA

Sherry GravesBelmont, NC

Mary GrayBoone, NC

Elizabeth HughesRome, GA

Kimberly JohnsonHollywood, FL

Angela MartinCollierville, TN

Debra ParlmanLehighton, PA

Judith PeabodyWorcester, VT

Karen ReutherMorris Plains, NJ

Roger SeekmanJacksonville, FL

Rebecca D. StandridgeHouston, TX

Pia SullivanLowell, MI

Deidre ThurberNashua, NH

Gail VeltenSaint Louis, MO

Kate WagnerNaperville, IL

nugget from this interaction? What can I learn?" Then it occurred to me: much of the conversation was really resonating within me at a deep level. And I was uncomfortable noticing the fear, worry, lack of trust and all of the other gut responses in myself as I listened to her story.

I am moving. Do I know where? No. Does the planning, list-oriented, side of me enjoy this not knowing? No. The rational part of me declares "All is well. We trust everything to come together. There are plenty of options out there." And then the emotions rise up: fear, anxiety, worry. The body responds with heart flutters, stomach butterflies, lungs that can't pull in enough oxygen, yoke-like shoulders, headaches, and so on. This lack of coherence between my body and mind reminds me of the book *Your Body Doesn't Lie* by John Diamond. Is my next step to bring the body and mind into alignment with one another?

Back to the phone call: as I was listening to this person and having this revelation of my own life, it occurred to me that there is a time and a season for everything. Just because my rational mind may know all is well, doesn't mean the rest of the brain and body is ready to concur. Perhaps the body is tuning into something else, maybe it is important to be on edge since moving, along with buying and selling, are indeed large life-changing events.

The same is true when working with clients or students. Many parents, teachers, friends, facilitators, etc. can see a bigger picture than someone who is in a challenging moment. How many times have you thought you knew exactly what someone else needed?

It is like *The Butterfly Story* where the man sees a butterfly struggling and decides to help it out of the chrysalis. The help was not so helpful. Just because I may know what might benefit someone does not automatically mean he/she is ready to receive and grow into that new space. Sometimes it is more important to pause, step back, and allow the person to own the experience and choose when to move.

Why was I gifted with this phone call? Because I was ready to reflect on the person's stress, look within, and see a reflection of myself.

Ask Dave

Dave administers and answers questions posted to our [website](#)

message board, "Ask Dave". To visit or post a question [click here](#).

Question:

I just did a great Brain Gym® workshop and want to show some highlights to other teachers at my school. Any suggestions to get them hooked?

Dave's Answer:

I am happy that you are excited about the Brain Gym(R) work. I have had some teachers tell me that they came to workshops I was giving because they had heard about Cross Crawl, led the students in their classes in it, and noticed that the students who had difficulty doing Cross Crawl tended to be the students in their classes that had challenges in learning. You might discuss this with some of your colleagues and have them watch to see if they notice any similar correlations while you lead their students in Cross Crawl. More students may have challenges doing Cross Crawl when they have been doing a difficult activity, so you might suggest timing it as an activity break during some challenging activity such as testing. This last suggestion might also keep the students from wondering too much why they are doing it. Also keep in mind what drew you to the Brain Gym(R) workshop. Some of your colleagues may be similarly inclined.

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A Brain Gym Story

A student, Carli Simons, who recently attended *Hands On: Ideas for Using Brain Gym in the Classroom* shares:

The day after our earthquake one of my students could not, for the life of me, focus his attention. Everyone spent the greater part of the morning writing the rough draft for their required final writing assessment. "B" wrote no more than two lines. Finally I asked my 5th grade assistant to do all our Brain Gym exercises with him, including lazy eights. Next think I know, little Brandon is sitting with my assistant writing away!!! His final paper which he finished the next day was quite good.



40% Off Brain Gym Logo Products!

We are having a clearance sale for our Brain Gym products: pens, pencils, adult size small t-shirts, and bags. Offer available while supplies last.

Email info@braingym.org for a detailed list of products and prices.