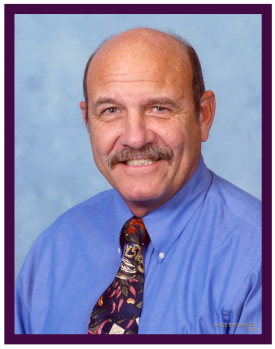
BRAIN GYM International

THE EDU-K UPDATE NOVEMBER 2008

Dear Students and Professional Members,

I was invited to write this opening letter as a board member. One of the committees on which I serve is research so I've chosen to share with you my perspective on research and Brain Gym.

In 1999 I was encouraged to document the results of what I was doing with Brain Gym with my elementary students. This suggestion was made by Doug Steenland, a Brain Gym instructor from Washington State and a retired Physical Education teacher/coach of 29 years. He told me that he had started using Brain Gym toward the end of his teaching career and had numerous student successes both in academics and athletics as well. Once he retired and attempted to share Brain Gym with schools they requested to see the research supporting the validity of the program. At that time there was no scientific research available on Brain Gym.



Doug said to me "You are still within the school system. Document what you do and share it with the rest of us". I had not done any research at this point but was soon learning how to conduct it. Fortunately I have a friend who has done a significant number of published research studies on movement. I initially met with him and was given suggestions on how to go about conducting a successful research project. At the present time I have had the honor of conducting and assisting with numerous Brain Gym research studies at the elementary and secondary level. Two of these studies are published articles in the November 2004 and November 2005 editions of the Brain Gym Journal.

If you have ever thought about doing Brain Gym research, I encourage you to "give it a go". It has been a very productive endeavor and has really gained the support of school administrators once they saw the positive results.

Brain Gym International has a Research Committee whose primary mission is to collect Brain Gym research, make the results available, encourage and assist those that want to conduct this research. At the present time we are in the process of updating the Chronology of Annotated Research

Edu-K Tips and Tools

by Deborah Scott Studebaker

A note from Deb ~

In December's Tips and Tools we'll refocus on the goal-setting aspect of the balance process:

- How do you approach this with your clients, especially if they don't walk in with a clear intention?
- How do you set goals with young children?
- Are there any specific questions you have regarding this step in the balance process?

We would appreciate more input from our students and instructors. Email your thoughts or questions to info@braingym.org. Just reference "Tips and Tools" in the subject line.

We look forward to continuing the conversation in December!

Featured Faculty Member

Jeanette Primost, ISRAEL

Jeanette Primost believes that innate in every human being there are healing powers. The ability to tap these natural healing powers, at every moment of need, and the willingness to reach a balanced state whenever possible, emotionally, physically and spiritually, is what keeps us healthy, happy and in harmony. To achieve these aims Jeanette has

process of updating the Chronology of Annotated Research Study Summaries in the Field of Educational Kinesiology. This resource is available to down load at www.braingym.org/research.

Sincerely,
Thad Trahan
Brain Gym International Board of Directors
Research Committee Representative

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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 GATHERING

Germany
April 16th-19th, 2009
"Movement, Brain and Learning"
Kirchzarten, near Freiburg, Southern Germany
To register: click here.

Spotlight On: *Brain Gym for Educators (110 E)*

This course is specially designed for professional educators and covers the classroom application of brain research, the presentation of lesson plan design, and the connection between Brain Gym and self-esteem. Open to teachers, administrators, parents, counselors, and education support staff. For a list of upcoming courses, click here.

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achieve these aims Jeanette has practiced and taught Edu-K for the last 20 years, and is a Classical Homeopath. She is Faculty in Israel and represents the International Faculty on the Board of Directors.

Jeanette's Story:

"I think that it was my very early childhood experiences that instinctively showed me the wonderful tools I had in my hands when participating in my first Brain Gym course.

As a child, my life was full of jumping over seashore rocks in Ireland, climbing trees, making mud pies, and sliding down mattresses from the third floor to the bottom one. I was filled with the love of movement that gave me so much fun and joy.

After my first Brain Gym® course in 1987 I never looked back and for several years worked with children in our high-school, using the Brain Gym® teachings. After this I opened my private practice, became an Instructor of Brain Gym and Touch for Health, and qualified and practiced as a Classical Homeopath. All these were looked upon as peculiar occupations, then, by my small kibbutz community in the Galilee hills. That has changed now.

My path has led me to become International Faculty, teaching all the core curriculum courses from BG 101 to the Teacher's Practicum, teaching the Vision Circles Teacher's Training and the Double Doodle course, and serving on the Board of Directors as the International Faculty Representative.

Having worked in education for sixteen years on the Kibbutz, and having several of my grandchildren attend the Steiner school, I saw a

ANNOUNCEMENTS

WEBSITE

Visitors to our website can now search for courses and instructors using different criteria including country, state/ province, willingness to travel, instructor name, course level, dates, and more! To explore:

1. Select "Find" **in the center** of the blue menu bar. We moved it on you :-)...grin!
2. Choose "Classes" or "Instructors".
3. Play with the different fields to familiarize yourself with all the options.

LICENSING

The licensing requirements are listed on the website under "Learn More". Eventually, each "Level" on this page will link to its current course schedule. Making our website user-friendly is important to us and we look forward to bringing you more upgrades.

HOLIDAY HOURS

The Foundation office will be closed on the following dates due to observation of the Holiday seasons:

US Thanksgiving: November 27 - 28, 2008

Winter Break: December 24, 2008 - January 1, 2009

Wishing everyone a safe and happy holiday season. May you have hope in your hearts, thoughts of endless possibilities in your minds, and movement in your body as the New Year approaches!

CONGRATULATIONS to our *NEW* Professional Members!

ARGENTINA

Carolina Lockwood	Bariloche, Rio Negro
Sandra Lopez	El Bolson, Rio Negro

CHINA

April Chung Lai Fan	Hong Kong

USA

Kimberly R. Lockwood	Ann Arbor, MI
Bonnie Tuckerman	Blissfield, MI

Ask Dave

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

lot of similarity between that approach and Brain Gym which led me eventually to take a year's introductory course in the Steiner method of education. Brain Gym and the Steiner educational influence was brought together in a course I created called The Playful Child, which I have now taught in Canada, Australia, Germany, Greece and Israel.

I am grateful for the opportunity to meet wonderful people from all over the world at the Brain Gym Gatherings, which shows me that peace is possible, for having such a "dear friend" (Brain Gym) at my finger tips to support me, and for opening up the space, when teaching these courses, for others and myself to develop our creative selves."

A Brain Gym Story

Carolyn Nyland, Board member and licensed instructor shares:

A mother called with concerns about her son. **"J"** was seven years old, had difficulty sitting in his seat at school, lacked focus, seldom finished his work and his mother was also concerned about his handwriting.

On the first visit, he decided his goal was to stay focused on one activity at a time. He chose Brain Gym® Movements and some reflex movements. I found him a very bright, energetic and delightful child. I certainly enjoyed working with him during the session.

A week later, his mother went to school to pick him up a little early. The class was lined up in the hall and **"J's"** Mother couldn't see him. **"J"** was in control of his body so it was more difficult to find him. During the week at school, he had improved on finishing his work and did not get into trouble for constantly disrupting the other kids with his movement. Oh, yes, his teacher commented, positively, on

here.

Question:

As a successful violin teacher of 21 years, I've taken the Brain Gym 101 course and have integrated it into my violin lessons. It's been a blast and the students are amazed with the results. Is this legitimate usage of taking Brain Gym 101 or should I have licensure? Would I need licensure if I taught a music workshop that included Brain Gym but was not exclusively Brain Gym?

Dave's Answer:

Utilizing Brain Gym(R) activities you have learned in the instances you describe is allowed, as long as you do not teach the whole Brain Gym 101 class curriculum in your music workshop. Licensure is required to teach the Brain Gym 101 class, to teach other Brain Gym classes such as Optimal Brain Organization, Visioncircles, etc. when you become qualified to do so, and to specifically facilitate the Brain Gym program in private sessions as a professional Brain Gym consultant.

Educational Kinesiology Foundation/Brain Gym International
1575 Spinnaker Drive, Suite 204B
Ventura, CA 93001
www.braingym.org
phone: 800.356.2109 or 805.658.77942
email: info@braingym.org

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teacher commented, positively, on his handwriting as well.

"J" arrived at my door with a great big smile on his face because of all the neat changes that he had experienced in the past week. The best part was when his mother shared all of the events of the week and then added that she had noticed her own handwriting had improved.

This only goes to prove that we are all affected, directly or indirectly by this wonderful work.

Subscribe to the Brain Gym Journal!
Cost: $25 per year for three issues
email: info@braingym.org
phone: 800.356.2109 OR 805.658.7942