

BRAIN GYM® is a program of easy physical movements that synchronize body and mind to optimize how we learn and perform in all areas of our lives . . .

at school
the arts
athletics
social skills

The movements are easy to do and enjoyable for adults, children, and seniors, and they bring about rapid and lasting changes

in fundamental abilities, including: focus, organization, comprehension, physical coordination, social and communication skills, memory, attentiveness, and more.

Brain Gym began as a breakthrough for overcoming learning disabilities, but soon expanded into a program for drawing out potential at every level of skill and achievement.

When Dr. Peter Cox, former U.S. Fencing Team gold medalist, was preparing for the Olympics, his training schedule included Brain Gym. "I was amazed at the results," he wrote, "and so were my opponents."

When the South Carolina Farm Bureau enrolled one-third of its agents in a Brain

Gym-based sales training program and then monitored their results, they found that those agents who took the program achieved a 39 percent higher closing rate—and 71 percent higher premiums—than those agents who did not take the program.

Developmental experts have known for more than 80 years that physical movement activates the brain and enhances learning.

In the 1970s, educational therapist Paul E. Dennison, PhD, began drawing from and building on this knowledge to create a group of movements that, with the eventual collaboration of his wife and partner, Gail E. Dennison, would become the Brain Gym movements and the cornerstone of the field of Educational Kinesiology ("enhanced learning through movement").

These early versions of the Brain Gym movements achieved their first success in California's Valley Remedial Group learning centers. There they enabled many children and adults who had been identified as "dyslexic," "ADD," "hyperactive," or "learning disabled" to discover and develop their true potential. Subsequent studies published in North America, Germany, Australia, and



elsewhere confirmed that the Brain Gym movements produced measureable gains in physical skills, learning skills, and academic performance.

What is particularly noteworthy about the Brain Gym results is that the changes are rapid, far-reaching, and lasting. Svetlana Masgutova, PhD, a psychologist in Russia, used Brain Gym with "learning disabled" high school students who had been placed in remedial classes. "Within a year," she writes, "a surprising number of those students were transferred into classes for gifted students."

How can I experience Brain Gym?

You can experience Brain Gym in private sessions with a licensed Brain Gym practitioner, or in classes such as the introductory Brain Gym 101 course.

The Brain Gym 101 Course introduces the 26 basic Brain Gym movements as well as the fundamental steps for facilitating the Brain Gym process with others.

The Brain Gym 101 course stands on its own and is also a pre-requisite for many other courses in the Edu-K curriculum.



The Brain Gym 101 Course: What You Will Learn

This 24-hour course introduces you to using Brain Gym to benefit yourself and others. You will learn how to draw out potential in all areas of life by using powerful Brain Gym tools, including:

4 Steps to Get Ready - This four-minute Brain Gym warm-up helps you feel focused, relaxed, and ready to begin any new task or challenge.

26 Specific Movement Activities - Quick, simple physical movements that enhance specific skills, such as memory, math, reading, writing, and communication, while improving creativity, energy levels, athletic performance, and school and business success.

The 5-Step Balance - This process targets a goal of your choice. You will learn how to select and do the Brain Gym activities that best support achieving the goal.

Two Repatterning Sequences - Dennison Laterality Repatterning and Three Dimension Repatterning "remind" different areas of your brain to work together synergistically. They are especially useful for improving focus, participation, and organization, and for greater ease in everyday tasks and physical activities.

Professional Training Available

Taking the Brain Gym 101 course lets you start using basic Brain Gym with family, friends, and yourself. It is not, however, a license for teaching or representing Brain Gym. To find out how to become a licensed Brain Gym professional, visit our website at <www.braingym.org>.