

Notes from Center Edge™

Enhancing Business, Education and Personal Effectiveness Through Brain Gym®

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BRAIN GYM® IMPROVES READING!!

Study Shows 55 to 89 Percentile Point Increase in One Year

Cecilia Freeman, M.Ed., a Brain Gym consultant in Ventura, California, has recently announced her findings from a year-long study of Brain Gym and its effects on reading scores. She and her project partner, Joyce B. Sherwood, M.A., worked with teachers and students at Saticoy Elementary School in Ventura, California, over the 1998-1999 school year.

Twelve teachers of grades K, 2, 3, 4 and 5 were given Brain Gym instruction every Monday after school for one hour throughout the school year. In these sessions they learned how to determine which Brain Gym movements and activities were called for in relation to various academic situations and how to guide the students in doing them.

The teachers then taught the children in their classes how to determine for themselves which Brain Gym movements they would benefit from at any time. The children became quite self-sufficient in the use of Brain Gym movements to help them be more productive in any of their academic subjects. Each participating classroom did a minimum of 15 minutes of Brain Gym per day. Cecilia and Joyce also did classroom presentations as well as one-on-one instruction (October through January) with children who were having the most difficulties in school.

The study was based on the children's reading scores on the Stanford 9 test, a standardized achievement test given to all children in grades 2 through 11 in California. It compared the children's reading percentile scores from May 98 (the end of the previous school year), to those of May 99 (the end of the "Brain Gym" school year). A percentile score shows "relative standing" and works this way: A child scoring in the the 30th percentile for reading scored higher than only 30% of the other children at his/her grade level (in schools across the country) and lower than the other 70%.

For the purposes of this study, scores of the 90 grade 3-4-5 children from "control" classes were compared with those of 90 randomly-selected grade 3-4-5 children from the "Brain Gym classes."

The results were nothing short of phenomenal. During that year, the reading scores of the "Brain Gym group" improved 55 to 89 percentile points, while the scores of the control group that received no Brain Gym support improved 0 to 16 percentile points.

Cecilia is quick to point out that gaining percentile points on reading scores is only one indicator of the improvement that the children made through their use of Brain Gym (albeit the most easily measured one).

Not so easy to measure, but clearly evident to the participating teachers, children, parents and school administrators, was the shift in self-esteem and attitude toward school that came along with the children's developing abilities. One portion of the soon-to-be-published study is filled with comments from children who were amazed to be learning more easily, teachers who were more energized and effective in the classroom, and parents who were grateful and delighted in the growth they were seeing in their children.

Perhaps the greatest legacy of this project is reflected by an experience that Cecilia had recently when she visited the school, almost a year after her last student contacts there. As she arrived she saw children here and there doing Brain Gym movements as a spontaneous and natural support for their learning process. As children integrate Brain Gym throughout their days, they take on the experience of personal wholeness and self-esteem that will support them throughout their lives.

Copies of this study are available for \$23.20, which includes postage. Send a check for this amount to Cecilia Freeman, M.Ed. at P.O. Box 198, Ventura, CA, 93002. Cecilia Freeman can be reached by mail at this address, by phone at 805/641-1851, by fax at 805/648-3536, or by email at cecilia@jetlink.net. Her website is www.iamthechild.com.

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The Power of PACE

A Story of Change for a Child with Cerebral Palsy

“PACE” is an acronym for the words “Positive, Active, Clear and Energized.” These words are used to describe the goals of the four “warm-up” Brain Gym® movements that are done at the beginning of each Brain Gym session. By doing PACE we relieve the effects of stress on the body in four different ways, leaving us more ready to move effectively through the the processes of a Brain Gym balance session, or the tasks of our day.

The elements of PACE are so simple: drinking water; giving a quick massage to the points directly below both collarbones on either side of the sternum; standing and alternately raising each knee and touching it with the opposite elbow; and then sitting with ankles crossed, and hands criss-crossed over your chest. These four elements are deceptively simple, and amazingly effective. Yet one recent phone call told me that they are even more effective than I’d ever known.

About a year ago a woman named Tina came to me for a Brain Gym session about moving forward positively in her business life. She said she was also interested in learning more about Brain Gym because of her seven-year-old son, James, who has Cerebral Palsy.

Tina went away from that session and I didn’t hear from her for almost a year, when she called to register for a Brain Gym Course I was to be teaching shortly. I inquired about her business, and heard that her session had had great results, and she was right where she wanted to be, professionally.

Then I asked about James. She said, “Well, you know, he’s so much better. I’d had him in speech therapy for four years, with almost no progress at all. I was still the only one who could understand him, and I had to translate anything he said to others. He couldn’t walk without braces on his legs, and faced the prospect of wearing them his whole life. He hated PE, and running was out of the question.

“So I started doing Brain Gym with him, and I couldn’t believe the changes I started seeing. First, his speech improved – dramatically. James started answering the phone at home,

“I never would have dreamed of hoping that he might someday ride a bike. I’m just amazed.”

and when relatives called, they’d think it was Benjamin, his twin brother. They’d say to me, ‘What? That *can’t* be James – I could understand him.’ One day we found we could let him take off the leg braces and shift to using only orthotic devices in his shoes; and after a few more months, he didn’t even need those. He’s much more confident physically, and his teacher says he’s really participating in PE.

He’s actually running and jumping. And at home he’s *riding a bike!*”

You can’t imagine how stunned and amazed I was by this story. I was mentally scrambling to remember my session with Tina a year before, to recall if I had taught her some Brain Gym balance processes to be using with James. Had she bought books? Had she figured out how to do balances on her own? So I asked, “Um, what Brain Gym did you do with James over this year?” And she replied, “You know, *those four things.*”

Those four things. “Those four things” are the PACE process, one element of which is simply drinking water!

At this point I was even more stunned and amazed. “Just PACE?” I asked. “How many times a day?” “Just once, on the days I’d remember and have time, maybe four or five times a week.” She went on to describe how she had “motored” James through the movements, moving his arms and legs herself, because his muscles were too stiff and rigid for him to be able to do it on his own. This was uncomfortable for James at first, but Tina persisted. At a certain point his muscles seemed to relax, and allowed the movements much more fluidly.

She said, “I never would have dreamed of hoping that he might someday ride a bike. I’m just amazed.” Believe me, so am I.

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*Do you have a story about the results of Brain Gym?
“Large” or “small” – every gain is a wonderful one. Please let us know!*

UPCOMING EVENTS

THE BRAIN GYM® COURSE (Brain Gym 101)

Whole-Brain Integration for Enhanced Living,
Learning and Performance

In this 24-hour course, you will experience Brain Gym for yourself and learn the basic skills for facilitating it in others. It includes:

“PACE” – Four Steps to Get Ready

This four-step Brain Gym warm-up can be done in less than four minutes. The user feels instantly focused, on-track, and ready to begin any task or meet any challenge.

The Five-Step Balance

This powerful process, which is at the heart of the Brain Gym system, links a goal of one's own choosing to the abilities needed to achieve it. It includes a simple method for determining which Brain Gym activities will best support the goal, plus a reinforcement technique called "anchoring" that quickly internalizes the new learning.

26 Targeted Activities

When performed in the context of the balance process, these simple physical movements bring about rapid and automatic improvements in such skills as memory, math, reading, writing, concentration, and communication, and also produce noticeable gains in creativity, energy levels, and athletic performance.

Two Repatterning Sequences

Dennison Laterality Repatterning (DLR) integrates left- and right-brain hemispheres, enabling one to shift mental gears from reflexive action to more conscious ways of thinking and behaving. Dennison's Three-Dimension Repatterning (3-DLR) goes beyond left-brain/right-brain to also integrate the brain's deeper structures. It is especially useful for achieving goals requiring attention, motivation, or organization.

Course Dates Through Summer 2000:

May 5-7, 2000 (Fri-Sun)

August 2-4, 2000 (Wed-Fri)

***It's fun! A great way to
learn and grow at the same time!***

Tuition: \$300 with your \$50 deposit received one month prior to class, \$350 thereafter. Includes all course materials.

Deposits are non-refundable unless we reschedule.

*The Balsz School District cordially invites you
to attend their first*

BRAIN GYM® EXPO

Tuesday, April 18, 2000
4-6 pm

Balsz School District Board Room
4825 E. Roosevelt (48th Street at Loop 202)

Hear classroom teachers talk about how they are using Brain Gym with their students

Gain information about the physiological basis for Brain Gym's effectiveness

See students demonstrate the Brain Gym processes that help them "work smarter"

Experience Brain Gym processes and the difference they make

Learn the basics of Brain Gym that you can use with your students or children right away

WHO WILL BENEFIT FROM ATTENDING?

Teachers, parents, administrators, special education professionals, therapists – anyone interested in simple, effective solutions for academic, attitude and behavior issues

No Charge

Call Center Edge for more information
602/952-7001

Upper Level Edu-K Courses in Phoenix!

Center Edge is sponsoring these upper level Educational Kinesiology courses here in Phoenix over the next few months.
More courses may be added to this schedule, especially where specific interest is expressed.
Please let us know what courses you'd like to have offered here!

Physiological Basis of Edu-K 17 Hours

Fri., Sept 22 (7-9:30pm) and Sat.-Sun., Sept. 23-24 (9am to 6pm)

Registration: \$275 (\$250 if paid by September 1, 2000)

Instructor: **Carla Hannaford, Ph.D.**

Prerequisite: **NONE!**

***Personal note:** As a teacher with a Masters Degree in Education and 23 years experience in the classroom, it was only after being trained in Brain Gym that I learned what learning is all about. The fact that children need the appropriate neurological network to be able to make use of what they learn was revolutionary for me. And to see children make immediate improvement in reading, math or writing through after doing simple Brain Gym movements or processes was simply stunning. This course provides a solid foundation for understanding how such change occurs. - K.B.*

This course is the perfect opportunity to experience Brain Gym and learn from a neurologist just how and why it works.

Carla Hannaford Ph.D. is a delightful presenter whose teaching style is both informative and inspirational.

Plan to come, and bring your friends!

This course:

- Provides an in-depth understanding of how Brain Gym affects the body's physiology, especially the nervous system
- Brings theory alive in the experience of change through movement
- Prepares participants to easily and intelligently answer theoretical questions for themselves and their clients
- Offers current research on movement and whole-brain learning
- **Has NO prerequisites..** It is open to all - invite everyone!

Take this opportunity to experience for yourself the fun and transformation of Brain Gym. You will learn techniques that you can use right away to benefit yourself, your children, and your friends.

Friday Evening Only?

You may attend the Friday portion of this course for \$25, which you can apply to the rest of the course should you decide to register for the rest of the weekend. This Friday portion is an excellent introduction to the physiology of learning.

Carla Hannaford, Ph.D. is a neurophysiologist/educator with more than 30 years teaching experience, including four years as a counselor with elementary and intermediate school children with learning difficulties. Over the past 12 years she has been a recognized International Educational Consultant to 27 countries worldwide. Carla was selected as a guest educator with the AHP-Soviet Project in 1988, has been in Who's Who in American Education, and has received awards from the University of Hawaii and the American Academy for the Advancement of Science as an outstanding science educator. Carla is the author of three books: *SMART MOVES - Why Learning Is Not All In Your Head*; *The Dominance Factor*; and *The Decade of the Heart* (release date, February, 2000). Carla lives in Hawaii, and travels the world teaching this course.

Upper Level Courses continued...

Edu-K In-Depth: Seven Dimensions of Intelligence 32 Hours

November 2-3-4-5 (Thursday - Sunday) 9am to 5 pm all four days

Registration: \$550 (\$495 if paid by October 13, 2000)

Instructor: Colleen Gardner

Prerequisite: Brain Gym 101

During these four days of fun and personal transformation you'll explore integrated brain-body learning. You'll apply the Edu-K In-Depth process to your own life and rediscover the joy, ease and wholeness of learning. Exciting, innovative techniques, lucid, enjoyable demonstrations, lots of guided practice time and a relaxed atmosphere offer you a unique experience you can apply directly to your personal and professional life.

In this course you will:

- Learn successful goal setting techniques
- Develop skills that draw out the excellence which is available within each one of us
- Uncover attitudes or hidden agendas for failure that are affecting our motivation
- Expand your "learning-menu" choices with new techniques in acupuncture, movement, emotional balancing and vision training
- Understand and change the relationship between breathing, body chemistry and cranial movements for realization of your goals

INCREASE YOUR UNDERSTANDING OF THE LEARNING DIMENSIONS

(Laterality, Focus and Centering)

and LEARN FOUR NEW DIMENSIONS:

- **Motivation** - the relationship between motivation and hidden agendas for failure
- **Rhythm** - the understanding of cranial movement and its relationship to learning and expression
- **Inspiration** - change the breath holding reflex which inhibits breathing and learning
- **Self Management** - create the appropriate brain chemistry to enhance learning in any situation

This course offers hands-on experience with seven dimensions of body movement, focusing on how each can support or block the learning process. It builds on the three dimensions of body movement (laterality, centering and focus) taught in Brain Gym 101. Students learn to permanently integrate the principles of whole brain learning into their own processes. Open to students who have taken Brain Gym. Prerequisite for Brain Gym instructor certification.

Colleen Carroll-Gardner has been in the holistic Health and Educational field since 1980. She became the first International Educational Kinesiology faculty member in 1986 after studying extensively with Dr. Paul Dennison, developer of Edu-K. She has taught in the public schools, started an alternative elementary school in Colorado and an experiential mountaineering school with her husband. She currently lives near Denver, Colorado, and is an adjunct Faculty member for Sterling College in Vermont. Colleen regularly facilitates exciting seminars throughout the United States, Canada and Europe. She is known for her warmth, fun, and clarity in presenting the material that makes it very user friendly.

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The teachers for these upper-level courses will travel here specifically to do these trainings. For reasons of booking their time and air travel, please let us know your intention to attend at least one month ahead of the course dates. You save \$25 or \$50 off your course tuition by sending in your course payment three weeks ahead! Deposits are non-refundable unless we reschedule.

Kathy Brown • Center Edge • 602/952-7001

Course Registration Form

Yes! Please register me for the the course/s noted below

Name (please print clearly) _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____

Fax _____ Email _____

How did you find out about this course? _____

Brain Gym® 101 – Mark one: May 3-4-5 August 2-3-4

Course fee: \$350

(or \$300 total with your \$50 non-refundable deposit received one month prior to the course)

This fee includes the BG101 course manual and course text, *Brain Gym Teacher's Edition*.

Brain Gym 101 Graduates may re-take the course for half price. Please bring books from your previous course.

The Physiological Basis for Learning – September 22-23-24

Course fee: \$275 (or \$250 with your registration or \$25 in by Sept. 1) (repeat for half price)

Friday Only: \$25

In-Depth - The Seven Dimensions of Intelligence – November 2-3-4-5

Course fee: \$545 (or \$495 with your registration or \$50 in by Oct. 10) (repeat for half price)

I am enclosing \$ _____.

My balance of \$ _____ is due on the first day of class.

(Check or money order only – made payable to Center Edge.)

I am enclosing a corporate or school district purchase order for the full registration amount.

Please mail your course fee or deposit with this form to
Kathy Brown / Center Edge • 4915 E. Pinchot Avenue • Phoenix, AZ 85018

Unless otherwise notified, all courses are held in the Center Edge offices, at the above address. Larger courses are held off-site. At least one week before the course you will receive an informational letter, fax or email with specific information about course location, what to bring, etc.

We look forward to having you in class!

Note: To help us in planning upcoming course schedules, please fill out this survey and fax it to 602/952-1174, or mail it with your course registration

My goal is to become certified as a Brain Gym consultant.

My goal is to use Brain Gym for myself, my family, and/or _____

I have already taken the following course/s: _____

I would take the following courses if they were offered here in Phoenix, at a time that worked for me.

Brain Gym 101

Visioncircles (24 hours/3 days)

Brain Organization Profiles (16 hours / two days)

Integ. of Early Childhood Movemt. Dev. (16 hours/2 days)

Brain Gym Teacher Practicum (32 hours/4 days)

Backing Up To Move Forward (24 hours/3 days)

Systems Balance

Other _____

Given that all of these courses are at least two days long, what is your preference for scheduling (weekdays, weekends, etc.)?

Comments: _____

Thank you!

Balancing to Resolve the Moro Reflex

and its Effects on Learning, Behavior and Performance

In my last newsletter I included information on how many academic and behavior issues have at their core the incomplete progression of childhood reflexes, and how effectively they can be resolved using Brain Gym, making huge shifts in the quality of life for people. Here is a story that illustrates one of the shifts that I experienced with a recent client.

Christine had always been awkward at sports, and was particularly afraid of catching balls, even ones tossed gently to her. As a child, this was a tremendous hindrance in school PE classes. She said she felt awkward and was often ridiculed by her peers. Now an adult, she had a group of friends who loved to spend time at the park playing Frisbee, but she always created excuses not to participate.

As Christine and I moved toward balancing for her goal of “easily and comfortably catching things” it became clear that the “Moro reflex” was still strongly “on” in her system. The Moro reflex develops in infants at 9 weeks in utero, and usually falls away somewhere between two and four months of life.

The Moro reflex is a series of rapid movements made in response to sudden stimuli. When young infants are surprised, both arms swing out and upwards, opening the hands, and there is a sudden intake of breath, followed by momentary freeze and gradual return of the arms across the body into a clapping posture.

If the Moro reflex does not fall away when it should, one remains poised on the edge of “fight or flight” throughout the rest of their life. This can result in being very emotional,

easily distracted, physically timid, having low tolerance to change or stress, being either insecure or controlling (both a reaction to sense of fear), having auditory confusion, poor stamina, difficulty in reading, and much more.

I did a “cover check” of Christine’s eyes. I covered her right eye, had her look at a small object I was holding about two feet directly in front of her nose, then slowly brought the object in to a few inches from her nose. At that point I uncovered her right eye, and found that, rather than looking at the object, her right eye was looking out to the side, quite away from the object.

**If the Moro reflex does
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their life.**

The left eye behaved just the same when it was checked.

When we are in fight or flight, as those with Moro invariably are, the body’s eye muscles pull both eyes outward to the periphery of one’s vision, making it very challenging to focus on something in the center of one’s vision. People with Moro still “on” are much more likely to focus first on the blank border of a page of

print, for example, rather than on the print itself. (Needless to say, this makes reading very difficult, and tiring on the body.)

When I described this condition to Christine, she said, “That’s me! I have the hardest time remembering people I’ve met because I don’t really see their faces, I see just the outlines of their heads.” Of course she’d panic at an object coming right to the center of her field of vision, where her eyes had the hardest time seeing.

To do a quick precheck of her ability to catch an object, I gently tossed a small, soft pillow to her. Even though she told me she was ready she almost panicked, moving backward when it came her way, and nearly dropped it.

We moved forward with her balance, which included Dennison Laterality Repatterning, and several additional movements that specifically support the resolution of Moro reflex.

At the conclusion of her balance we repeated the “cover check” of her eyes, which showed considerable improvement. We also rechecked her ability to catch an object. When I gently tossed the pillow this time, Christine playfully moved toward it and easily caught it, with a big smile on her face. She said, “That was actually fun!”

That night I got a call from Christine. She said, “I’ve been having the most amazing time seeing people’s faces all day. And I can’t wait to play Frisbee with my friends!”

Avoid Injuries to Baby Brains!

The Scottsdale (AZ) Tribune on October 17, 1999 ran an article cautioning that brain damage similar to that in "shaken baby syndrome" can result even when playing with a baby. When a baby is shaken vigorously, the brain bounces around in the skull, bursting blood vessels and causing the brain to bleed, often resulting in irreparable brain damage. They report that throwing a baby into the air and catching it abruptly, bouncing an infant too vigorously or jogging with a baby in a backpack can all cause brain damage. Watch that baby!

The "I Am Your Child" Campaign

An absolutely beautiful set of materials on how to enhance the first years of a child's life is available through the Families and Work Institute, to which Rosie O'Donnell, Maria Shriver, Rob Reiner and other public figures are giving the full power of their endorsement and action. Their booklet is free, and the CD-ROM and video are available for the amazingly low cost of \$5 each. The set would make a wonderful shower gift, or gift to any family-oriented agency. These materials should be in the hands of every parent. You can call the Institute at 202/338-4385, or check out their website, which is both beautiful and informative: www.iamyourchild.org.

FOR FURTHER INFORMATION

Center Edge website: www.CenterEdge.com • Brain Gym website: www.BrainGym.org

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Center Edge

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Through Brain Gym®*

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