

Brain Gym 101

Facilitator: Sylvia Sue Greene, BS, MA

Sylvia is an Educational Kinesiology International Faculty Member for the Brain Gym Teacher Practicum and a licensed Brain Gym101®, Brain Organization Profiles®, Brain Gym for Educators, & Visoncircles® Instructor. She has facilitated private sessions and courses extensively for 20 years worldwide. Her diverse background includes BS and MA degrees in English & reading education from Appalachian State University, pre-doctoral work at the University of Missouri, fourteen years of public and private school teaching, from second grade through college, plus 25 years as a workshop facilitator and consultant in the field of alternative health and innovative learning in the private sector and in schools. Her passion for the work is evident in her empowering, enthusiastic and knowledgeable approach to group presentations and processes. You cannot leave the class unchanged!

About Brain Gym®

Brain Gym® 101 is a 24-hour minimum course designed for those who are ready to experience the unlimited potential possible by learning through movement. Participants discover how to set goals and discover the ease and joy of visual and auditory integration (and whole body coordination) for reading, writing, listening, memory and other life skills, which can be applied with their students and for themselves. It is a powerful personal development course for anyone. This course emphasizes Dennison Laterality Repatterning and 26 Brain Gym activities that bring about rapid and often dramatic improvements in concentration, memory, reading, writing, organizing, listening, physical coordination, confidence, self-esteem and personal growth. The effects of cerebral, mid-brain and brainstem integration as they relate to posture, movement, relaxation, motivation and thinking skills are identified and experienced. No pre-requisites. CEU's may be arranged through your school system. See website for licensure process: www.braingym.org.

Brain Gym® develops the brain's neural pathways the way nature does: through movement.

Brain Gym® is built upon 80 years of research by specialists in physical movement, education, and child development. The specific research that led to Brain Gym® was started in 1969 by Paul Dennison, Ph.D. Dr. Dennison, who was then Director of California's 8 Valley Remedial Group Learning Centers, was looking for ways to help children and adults who had been identified as "learning disabled." His research led him to the study of *kinesiology*, the science of body movement and its relationship to brain function. At the time, it was already well established that coordinated physical movement is necessary to brain development. Babies and young children naturally perform what experts in early childhood education call *developmental movements*. These movements develop the neural connections in the brain and help to integrate reflexes, essential to effective learning. Dr. Dennison discovered ways to adapt and sequence these movements so they could be effective for older children and adults. The result is a system of targeted activities that enhance performance in all areas – intellectual, creative, athletic, and interpersonal.

Suggested Motels in Boone Area for Courses offered at MHLC

Closest: Best Western Blue Ridge Plaza: (828) 266-01100 or (888)573-0408 840 East King Street (Hwy 421), Boone

Holiday Inn Express: (828) 264-2451 or (888)733-6867;
1855 Blowing Rock Road (Hwy 321), Boone
High Country Inn: (828)264-1000or (800)324-5605; 1785 Hwy 105(often best deal)

KOA Campground: (828)264-7250 123-1 Harmony Mountain Ln, Boone
Many more in area: Check website or call Chamber of Commerce: 828-264-2225

The Metamorphosis Center: \$25/night. Bring own linens unless flying

Directions to Metamorphosis Center

from the South or North- take Interstate 77 to Hwy 421 North. Once on Hwy 421 N follow to it to Boone city limits. Turn right onto Hwy. 194 as you come into Boone (New Market Shopping Center will be on your left as you turn).. Follow directions at bottom of this page.

from the East- follow Interstate 40 until it merges with Hwy 421 North, just past Winston-Salem. Once on Hwy 421 N follow to it to Boone city limits into Boone. New Market Shopping Center will be on your left as you turn onto Hwy. 194N. Follow directions at bottom of this page.

from the West (from Tennessee using Hwy 421)- follow Hwy 421 South through downtown Boone. Stay straight on Hwy 421 South until you reach a Hardees Restaurant on your left just after New Market Center. Get into the left lane before reaching the Hardees. At this light turn left onto Hwy 194N. Follow directions at bottom of this page.

from the West (using Interstate 40)- follow I 40 to Hwy 221 North. Follow 221 North until it runs into Hwy 105 North. Follow Hwy 105 North all the way to Boone (this may take up to 20-30 min). Follow Hwy 105 North until it ends at a T-intersection with Hwy 421. Turn right at this light. Go straight and turn left at the second light onto Hwy 194 (Hardees Restaurant on the left). Follow directions at bottom on this page.

from Hwy. 321- follow Hwy. 321 into Boone. Turn right onto Hwy 105 (there will be a Wendy's, BB&T, and First Union at this light). Follow Hwy 105 for a short time until it ends. At this light, turn right. Go straight and turn left at the second light onto Hwy 194 (Hardees Restaurant on the left). Follow directions at bottom on this page.

Once on Hwy 194, follow straight for approximately 3 miles. Turn right onto Castle Ford Rd., just past the Appalachian Campground sign. Follow Castle Ford Rd. for approx. 4/10 mile. Following an S curve, turn left onto a gravel driveway. There is a sign for The Metamorphosis Ctr. just before you turn left onto the driveway.and 2 mailboxes, one post . yellow. one post, green.

Please call if lost or confused: 828.264.9430.

Registration for Brain Gym® 101: 24-hour entry level course

____ I plan to attend the Brain Gym course on May4-6 * (1-7 on Friday, 9-6 on Saturday; 8:30-5:30 on Sunday) ____
registration. begins at 12:30 on the first day so please come early.

Where:
Metamorphosis Health & Learning Center, 691 Castle Ford Road, Boone, NC 28607

Fee: \$375 (includes *Brain Gym Handbook & Teacher's Edition*) or \$425 w/o early deposit)
with non-refundable \$50 deposit by April 20. Reviewers: 1/2. Full-time Students: 1/2. Group discounts

Additional recommended books:

Smart Moves - \$15.95
Brain Gym & Me by Dr. Paul Dennison--\$20

Send Deposit To: The Metamorphosis Center, PO Box 1256, Boone, NC 28607

828. 264-9430; balance@boonenc.org

Where:

The Metamorphosis Center, 691 Castle Ford Road, Boone, NC 28607

Directions: 3 & 1/2 miles off 421 in Boone—turn at Hardee's at New Market Center on 194N; go 3 miles; right on Castle Ford Road; go 1/2 mile; turn left into driveway. #691 on mailbox post; (note also sign for" Metamorphosis Health & Learning Center" on tree). Lodging available for \$25/night. Also list of motels in Boone per request.

For more information regarding the system and licensure process: braingym.org

Name _____ Payment enclosed _____
Address _____ zipcode _____
Phone _____ email _____



THE MIDLINE

In order to read fluently, to write creatively, to spell and remember, to listen and think at the same time, we must be able to “cross the midline” which connects the right and left brain. Though we all cross it to some extent, this midline is still a bridge or a barrier, depending upon our prior learning experiences.

People may have a midline barrier for many reasons, which are taught in the Brain Gym Workshops. Usually the cause is homolaterality, either in the life energy as a whole, or in the energy systems affecting the eyes, ears, or body coordination. The homolateral person is limited to “one-sided” thinking because he has access to only one side of the brain at a time. He must “switch off” one side each time he wants to use the other, in alternating fashion. The homolateral person always experiences a coordination problem at some level, depending on the severity of his disability. Whether it affects his eyes, his ears, his body as a whole, or one of the countless other ways he might “switch off,” he must learn to cross the midline before his behavior can change.

For example, if a child “switches off” the analytic “try brain” ear in school, he may become so absorbed in the gestalt sense, (such as the tone of the teacher’s voice or outside noises), that he pays no attention to the meaning of words and be labeled a “daydreamer” or “hyperactive”. As a reader he might “switch off” his gestalt “reflex eye, therefore able to break down words into sounds but unable to blend them back into whole units and to store them into his long-term visual memory. The possible combinations of “switching off” are as endless and unique as the possibilities for creative potential as we become more integrated!

The basic Brain Gym Workshop helps adult participants to experience more and better integrated learning, performance and daily living. . . The techniques and tools taught enable students to guide others to heightened integration as well. “Integration” is a continual, lifelong process. Continual growth throughout the life of the individual depends upon the successful completion of basic developmental skills, such as creeping, crawling, skipping, reading, writing, and so forth, as taught in this class. The importance of movement across the midline, as well as the ability to focus attention in a calm and centered way is the theme of this basic course. Further development of the individual is then available thru the Edu-Kinesthetics Advanced Seminars.

Adapted from Edu-K for Kids, The basic Manual on Educational Kinesiology for Parents and Teachers of Kids of All Ages, pp. 66-68, by Dr Paul E. Dennison and Gail Dennison, 1987.