

# Brain Gym Information

## What is Brain Gym®?

Brain Gym® is a program of physical movements designed to improve the brain's functioning and reduce stress in the body. Brain Gym® or Educational Kinesiology as it is sometimes called was developed in 1969 by Paul Dennison Ph.D., a learning specialist in the U.S.A. Dr. Dennison's visionary insights into the learning process led him to develop 26 easy & enjoyable exercises which use movements to bring the mental, physical and emotional aspects of the body back into balance.

Using a whole brained approach, Dr. Dennison identified three dimensions of brain functioning: laterality, centering and focusing. The **Laterality Dimension** deals with the coordination of the left and right hemispheres of the brain. Laterality is critical for activities such as reading, writing and communication. The **Centering Dimension** concerns the coordination of the upper and lower brain and is related to emotions, relaxation and organization. The **Focusing Dimension** deals with the coordination of the front and rear brain, and is connected to the ability to focus and comprehend. The use of Brain Gym® creates an "integrated state" with all brain dimensions connecting and sharing information.

## Who can Brain Gym® help?

The short answer is that everyone can benefit from Brain Gym®! It offers a simple, inexpensive, drug-free approach to many of life's challenges. Children, teenagers and people in all phases of life can use Brain Gym® to improve their quality of living. Brain Gym® can be used to:

- Work more efficiently & effectively
- Calm an agitated mind
- Improve learning challenges
- Handle stress more effectively
- Improve organizational skills
- Support a healthy lifestyle
- Improve memory skills
- Enhance communication skills
- Increase concentration & focus
- Improve physical coordination
- Enhance creativity
- Improve athletic or musical performance

## Why is Brain Gym® so helpful for people with learning disabilities?

Many children or adults who have learning difficulties have missed critical neurological developmental stages which normally facilitate the connection between key areas of the brain. For example when a child does not complete the crawling stage, fluid communication between the two brain hemispheres is not developed. As a result the child develops a "homolateral energy state" which means they are limited to using one side of the brain at a time. In a "homolateral state" academic achievement is very difficult requiring extreme effort leading to frustrations and disruptive behaviors.

In his 1990 study, Dr. Robert Eyestone found that more than 95% of individuals in "at risk" groups (children with ADD/ADHD and learning disabilities, juvenile delinquents, teenage mothers, and drug & alcohol users) were operating in a homolateral state, compared to 8 - 13% in a random grouping.

Dramatic changes in behaviors are seen when this “homolateral state” is corrected using Brain Gym®. Similarly, Brain Gym® enhances the ability to learn improving the child’s academic functioning.

### **What do educators say about Brain Gym®?**

Brain Gym receives praise and positive results when it is used in the classroom. The National Learning Foundation recently assessed Brain Gym® as one of the top ten “Exemplary Learning Strategies” which prepares students of all ages to practice and master skills required for the mechanics of learning.

### **How can I find out more about Brain Gym®?**

Information about Brain Gym is readily available as research continues and as it gains international credibility. A great site to check out is the Brain Gym Institute at [www.braingym.org](http://www.braingym.org). At this site you will also find a listing of certified trainers. If you are located in southern Ontario and close to the Kitchener/Waterloo area, you can contact Jan Yordy at (519) 664 3568 or check her web site [www.energyconnectiontherapies.com](http://www.energyconnectiontherapies.com) for the next available Brain Gym course. To receive further information about her Brain Gym® trainings or other workshops which she is presenting, you can e-mail her at [yordy@energyconnectiontherapies.com](mailto:yordy@energyconnectiontherapies.com)