

Brain Gym

- Educational Kinesiology (known as EduK) was developed in the 70s by Paul Dennison PH.D. and his wife Gail, to enhance learning abilities and ones own potential at school and at work through integration and balance of the brain energy.

EduK is primarily concerned with integration. It is well known, that the two cerebral hemispheres have different tasks and particularities. The left brain focuses on details, while the right brain maintains a vision of the whole. They are complementary and independent. It is also important to have a good integration between the limbic system (the emotions), the frontal cortex (the thinking area) and the anterior and posterior brain (input and output), if we want to fulfill our full potential.

Due to stress and/or inadequate postural position the two hemispheres often communicate badly, so that one comes to dominate the other. The result is that we react rather than act, following survival instincts.

EduK helps to re-establish the missing balance through simple movements for brain-body coordination and the use of specific acupressure points which Paul Dennison has developed to achieve a three-dimensional integration which will lead to:

- > physical and psychological wellness
- > stress release
- > better body coordination
- > a better organization, concentration and communication
- > dissolving learning blocks
- > ability to concentrate, to understand and memorize the written or oral information
- > re-establish the balance of the energetic flow in the body

THE ORIGIN OF EDUK AND BRAIN GYM®

In the 1960s Paul Dennison PH.D. has developed a program based on simple movements for brain integration called Brain Gym®. Working with children with learning disabilities, he discovered, that his students were often blocked in new learning situations, but were not blocked after practicing specific movements which stimulate both hemispheres. Over the years and after prolonged neurological studies, Paul Dennison, together with his wife Gail, extended the Brain Gym by integrating a program for brain organization profiles and Vision Gym (a program to enhance vision). EduK is in continuous evolution. Paul Dennison is the President of the Faculty of the Eduk Foundation in Ventura-California. Together with his wife he has written several books, which can be consulted and ordered at www.braingym.com

Educational Kinesiology - enhanced learning through movement - was

created by Dr. Paul E. Dennison and Gail E. Dennison through their extensive research in areas that include education, brain function, psychology, and applied kinesiology. The Dennisons' visionary insight into the learning process led them to develop the unique approaches to education now known as Edu-K and Brain Gym - tools used to integrate the mind and body through movement.

Based on his understanding of the interdependence of physical development, language acquisition, and academic achievement, Paul Dennison early on devised simple yet powerful activities to enhance learning. Today these techniques, which Paul continues to develop in partnership with his wife Gail, are taught in a variety of settings, including schools, corporations, and athletic training programs. The Dennisons' contributions to the field of educational science are far-reaching, and have served to transform the lives of learners around the planet.

The Dennisons have coauthored a series of books and manuals on Edu-K, and their enthusiasm for learning is apparent in their writings. Gail has provided illustrations for the exercises that capture the heart of Educational Kinesiology. She has developed an innovative program for natural vision improvement, the Visioncircles course, which uses playful Vision Gym™ activities to address developmental vision and perceptual growth. Gail is also the originator and editor of the *Brain Gym Journal*, a publication of the Educational Kinesiology Foundation in Ventura, California.

Together, Paul and Gail Dennison founded the [Educational Kinesiology Foundation](#), a nonprofit public benefit corporation established to provide access to learning theories, experiential training, and instructor-certification programs. The Dennisons' books and manuals explaining the benefits of Edu-K's applied principles are offered through Edu-Kinesthetics, Inc.

What Are Educational Kinesiology and Brain Gym®?

Developmental experts have known for more than eighty years that movement enhances learning. Beginning in the 1970s, Southern California educator and reading specialist Paul E. Dennison, Ph.D., built on this knowledge by bringing specific movements into his learning disabilities clinics. Dr. Dennison researched these movements, simplified them, and created techniques to make them effective for everyone. In collaboration with his wife and partner, Gail E. Dennison, he developed a whole new way of understanding the learning process. This new field is known as Educational Kinesiology (Edu-K for short), and the new movements are called the Brain Gym movements.

To explain how Edu-K works, the Dennisons describe human brain function in terms of three dimensions: *laterality*, *focus*, and *centering*. Successful brain function requires efficient connections across the neural pathways located throughout the brain. Stress inhibits these connections, while the Brain Gym movements stimulate a flow of information along these networks, restoring the innate ability to learn and function with curiosity and joy.

The Laterality Dimension pertains to the relationship between the two sides of the brain - especially in the midfield, where the two sides must integrate. Laterality skills are fundamental to reading, writing, listening, or speaking. They are essential for the patterning of whole-body movement, and for the ability to move and think at the same time.

The Focus Dimension describes the relationship between the back and front areas of the brain. Focus affects comprehension - the ability to blend context and details into a full personal meaning and to understand new information in terms of previous experience. Attention disorders (ADD or ADHD) are related to the inability to focus.

The Centering Dimension concerns the connection between the top and bottom structures of the brain. Centering enables us to harmonize emotion with rational thought. Stress can disturb centering and equilibrium, leaving us tense and out of sorts; when we're centered, we feel more grounded and organized.

People of many nationalities enjoy the Brain Gym movements in classrooms and businesses worldwide, as a tool to integrate the brain before learning, work, or sports activities, as well as during breaks. Individuals obtain more specific results in private consultations by setting a goal, doing certain Brain Gym movements to integrate the brain for this activity, and then repeating the activity to validate that the new learning has occurred. The positive results of these private sessions are evident immediately and increase over time.

Brain Gym benefits include improvements in learning, vision, memory, expression, and movement abilities, in both young people and adults. In the classroom, teachers typically report improvements in attitude, attention, homework, behavior, and academic performance for the entire class.