

Switched-On Sports

Brain Gym for All Those Who Want to Enjoy the Benefit of a Moving Experience

By Taylore K. Halsden

Sports is about performance, whether it's a brisk refreshing walk or an Olympian record breaking feat, **Brain Gym®** movements specifically address the KINETIC INTELLIGENCE of this whole mind/body connection. Originally developed by Dr. Paul Dennison, **Brain Gym** supports and enhances whole brain integration and directly addresses the learning process. **Brain Gym** movements clear and connect the physiology of the NEUROLOGICAL, VISUAL and AUDITORY, systems, supporting the free flow of energy, resulting in less effort being required for better results.

The positive results from doing **Brain Gym** can range from subtle-over-time to instantly-dramatic, respecting the individual's needs and uniqueness. I know of no other tool that supports and enhances whole body coordination and movement so efficiently. **Brain Gym** is a tool for athletes of all levels. This technology enables us to integrate our mental, physical, emotional and spiritual (beliefs and attitudes) aspects of performance utilizing the whole. **Brain Gym** movements are "the link" that take our level of performance steps beyond trying hard into the arena of enjoyment, fun and greater ease.

Brain Gym is a tool that directly, specifically and respectfully addresses our individual need, uniqueness and personal perspective.

All physical activity is grounded in physiology that reacts and responds. Through **Whole Brain Integration**, we are able to react within the faculty of reason and respond within the power of choice.

Doctor Paul Dennison learned that help is needed for anyone to reach their learning and movement potential, and that it is NOT something everyone can discover by themselves. Very simply, **Brain Gym** movements remove blocks that prevent us from DOING EFFECTIVELY.

Switched-On Golf™/Sports is such a format, developed by Pamela Curlee, Certified Edu-K Therapist and Member of the Board of Directors of the Edu-K Foundation, established by Dr. Paul Dennison in 1987.

The inspiration of this workshop is a love story. Pam's husband, Paul, loves golf - - Paul loves Pam - - Pam loves Paul - - Paul knows Pam loves **Brain Gym** - - so rather than continuing to choke and lose at tournament golf, Paul asked Pam to "balance" him with **Brain Gym**. The results: Paul won the tournament and halved his handicap. The rest is history. Pam and Paul, a medical doctor, created the format using Edu-K guideline and along with Golf Pro, Lee Hoelliworth, birthed a great professional workshop. **Switched-On Golf** is now being offered across North America.

In B.C. the Board of Directors of the B.C.P.G. Association have expressed their desire to incorporate **Switched-On Golf** into their golf pro training. To support my efforts in teaching **Switched-On Golf**, I am learning this challenging sport. The experience has given me an unexpected and uplifting image of myself as a golfer - and yes - I do **Brain Gym** to support and enhance my performance.

The **Brain Gym Workshop** format gives the participant a framework of reference to examine:

- movement as a physical stress release - relaxation in sport is fundamental to effectiveness.
- the impact of positive language upon our physiology.
- the power of choosing specific clear choices.
- trusting the normal, natural, healthy and miraculously efficient process of the mind/body.

Brain Gym movements support and enhances whole brain integration and improves our ability to:

- focus and concentrate
- comprehend and communicate
- coordinate whole body movement
- think positively

I urge you to consider incorporating these very enjoyable, adaptable, safe, simple, specific and effective movements in your favorite fitness program or athletic involvement.

**DO BRAIN GYM
AND NOTICE THE DIFFERENCE !**

Taylor K. Halsden is a Certified Edu-K Therapist qualified to teach **Brain Gym®** Workshops, Seminars, Private Consultations and **Switched-On Golf**. Her professional background as an R.N. and professional actor combine to present a clear, comprehensive, intelligent understanding of her vocation. She is rapidly gaining a reputation as an inspiring presenter of **Brain Gym**, establishing trust and confidence in her ability as a facilitator.

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BRAIN GYM FOR SPORTS

by Taylore K. Halsden,
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ACTION BALANCE FOR WHOLE BODY MOVEMENT



- * PACE THE BODY — Drink Water
Brain Buttons
Cross Crawl
Cooks Hookup

*** CHOOSE & LANGUAGE YOUR GOAL**

For what whole body action (sport) or situation would
you like to work more effectively.

- * PACE YOUR GOAL — IS IT POSITIVE ?
IS IT ACTIVE ?
IS IT CLEAR ?
IS IT ENERGETIC ?
IS IT PRESENT TENSE ?

Do pre- activity

Put the goal into action and/or role play the situation.

Do learning menu

Dennison Laterality Repatterning.

Do post-activity

Repeat the pre-activities and notice positive changes.

Dennison Laterality Repatterning Workshop

	Stuck High Gear	High Gear	Low Gear	Stuck Low Gear
PRE-CHECKS:				
Cross Crawl				
Unilateral Crawl				
X				
II				

STEPS: MENU		
1. Cross Crawl - (with hum, eyes usually up to the left)		
2. Unilateral Crawl - (with count, eyes usually down to the right)		
3. Integration metaphor - slowly join left and right hands together		
4. Cross Crawl - look in all directions		
5. Unilateral Crawl - look in all directions		
6. Cross Crawl and think of X		

POST - CHECKS:				
Unilateral Crawl				
X				
II				
Complete the process with Cross Crawl and X				

Celebrate and anchor the goal !