

Nothing is more revealing than movement

Martha Graham



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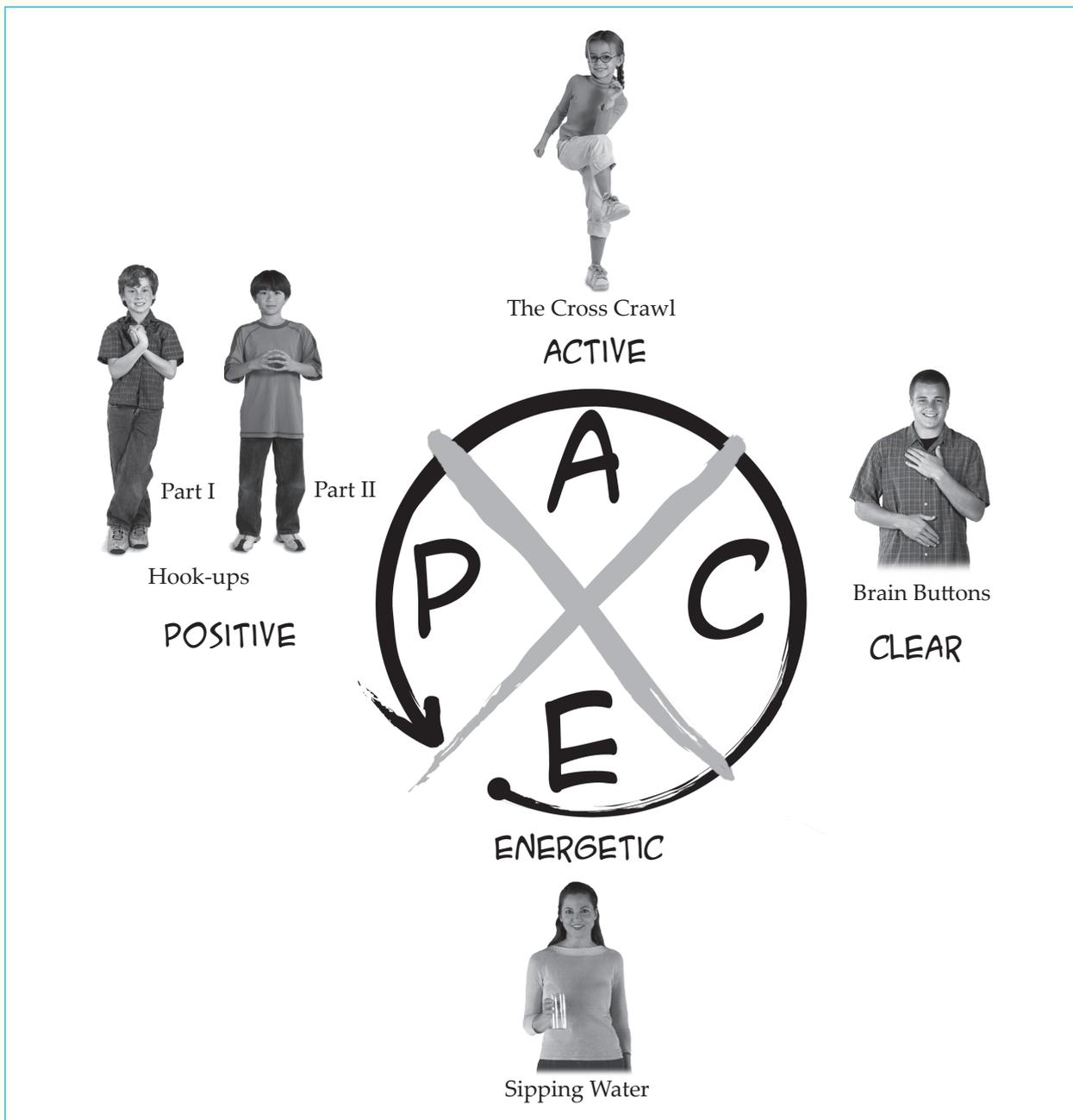
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Welcome to world of Brain Gym and Specialized Kinesiology!

People of all ages use the learning program known as Brain Gym® to bring about rapid and often dramatic improvements in their reading, writing, language, and numerical skills. Many others use the work to profoundly enhance the quality of their attention and concentration, relationship and communication, memory and organizational skills, athletic performance, and more.

In this ebook you will learn one easy-to-do routine named P.A.C.E. that when done regularly will allow you access to a Positive Attitude (P.), enable you to move into Action to achieve your goal (A.), provide you with Clarity of thought and mind (C.) and fill you with enough Enthusiasm and Energy to help you get where you want.

P.A.C.E. is part of a much wider program, called Brain Gym which in turn is part of one of the main branches of Specialized Kinesiology, Educational Kinesiology.



The Theory Behind the PACE Process

Every individual has a unique pace - an optimal rhythm, timing, and flow for learning. When we can relax into that rhythm and timing, we can become self-initiating learners, able to recognize our own-next appropriate learning step.

Finding our pace gives us access to the integrated high-gear (Got it!) and integrated low-gear (I'm getting it) learning states of doing our best.

Whatever it is you wish to achieve, I strongly suggest you do so by first finding your pace. In the PACE process, we start from the "e" (for the quality "Energetic") and work in backward sequence (ECAP) as each of the four activities prepares us to do the next.

Energetic - Sipping Water helps to restore hydration, especially when we let the water be absorbed in our mouth, rather than gulping it.

The body is made up of about 70 percent water, the conductive medium. Water supplies the electrolytes that carry electrical potential across cell membranes, and this electrical exchange is essential to the functioning of the new neural networks being created as we learn.

Sipping Water prepares us to benefit from doing **Brain Buttons**, which activates our electrical system.

Clear - The Brain Buttons are electrical reflex points for the eyes. Stimulating these points is like a mini balance for crossing the midline. By moving our eyes right and left into the periphery while holding these points in the kinesthetic midfield, we restore our centralized vision as we satisfy the scanning reflex impulse to look away from the midline. The Brain Buttons activity also offers a primary vertical and horizontal reference in terms of the breastbone and collarbone of the skeletal system, helping us to find our visual center (the foundation of binocularity).

Doing Brain Buttons prepares us to benefit from doing the **Cross Crawl**, which requires our crossing the midline.

Active - Doing the **Cross Crawl** movement simultaneously activates both sides of the body, firing neural pathways in the left and right cerebral hemispheres. The motion also helps to stabilize the pelvis, while also mobilizing and stabilizing the shoulders, thus supporting the walking-gait reflexes.

This stable and coordinated gross-motor activity provides a comfortable movement pattern that we can maintain as we later sit and do tasks involving fine-motor control.

Doing the **Cross Crawl** prepares us to benefit from doing **Hook-ups**, which requires our having moved and released tension so that we can slow down and relax.

PACE moves us from the whole-body activity of the Cross Crawl to the whole-body relaxation of Hook-ups.

Positive - Doing Part I of Hook-ups activates the vestibular system and balance-related muscles, supporting us in restoring equilibrium after emotional or environmental stress. It draws blood and attention away from the body's periphery and fight-or-flight reflexes and back to the body's midfield, inhibiting reflexive behavior and supporting higher-order thinking and decision making.

Part II of Hook-ups offers a metaphor for the connection of the cerebral hemispheres through the corpus callosum.

ENERGETIC



Sipping Water

Sipping Water

Do you feel energetic? (Consider: Are you including plenty of fruits and vegetables in your diet, or eating too many dry foods?)

Sip some water, holding each sip in your mouth for a moment before swallowing.

Notice whether you feel more energetic.



Brain Buttons

CLEAR

Brain Buttons

Do you feel clear-headed? Does your vision also feel clear?

Place one hand over your navel. Make a “U” shape with the other hand and place your thumb and index finger in the small depressions just below your collarbone and about one inch to each side of your breastbone. Rub the points at your collarbone for about thirty seconds as you move your eyes slowly to the left and right along a horizontal line. Continue with the other hand.

Notice again whether you feel clear-headed. Does your vision also seem clearer?



The Cross Crawl

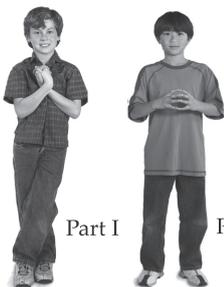
ACTIVE

The Cross Crawl

Walk across the room and back. Do you feel coordinated as you move through space?

For this activity, cross the midline of your body as you alternately move one arm and its opposite leg, then the other arm and its opposite leg. As you rhythmically touch each hand or elbow to its opposite knee, can you feel this contralateral movement originating from the core of your body?

Now notice your coordination as you walk across the room again.



Hook-ups

Hook-ups

Are you focused, organized, and able to concentrate on the task at hand, or are you easily distracted and unable to think?

Part One: Cross your ankles. Next, extend your arms in front of you and cross one wrist (on the same side as your top ankle) over the other; then interlace your fingers and draw your clasped hands up toward your chest. Hold like this for a minute or more, breathing slowly, with your eyes closed and the tip of your tongue on the roof of your mouth when you inhale. Stay in this position for 3 minutes and notice how the world around you with its stimuli touches

you less and less. If your wrists strain, you can alternatively place each hand under the opposite armpit.

Part Two: When ready, uncross your arms and legs. Put your feet flat on the floor and put your fingertips together in front of your chest, continuing to breathe deeply for another minute while holding the tip of your tongue on the roof of your mouth as you inhale.

Notice again your level of focus, organization, and concentration.

Doing PACE regularly will increase your tolerance to stress. However, individual challenges often require a more tailor-made approach. If you wish to see yourself reaching those cherished goals and free yourself from attitudes that are not supporting you don't hesitate to send me an email at contact@kinesiology.gr to book a free consultation and see how Specialized Kinesiology through online private sessions can work to your advantage and make reaching your goal a breeze!

It usually takes 4-5 sessions to turn a specific goal into a reality.

I look forward to celebrating with you your changes as you move towards a daily life that is fuller, more enjoyable and far less stressful.

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Brain Gym®

P.
A.
C.
E.



Νερό



Τα Κουμπιά του Εγκεφάλου



Κινήσεις Χ



Οι Κόμπι

Μέρος Ι

Μέρος Ι



Η
Κουκουβάγια



Ο
Τροχόνος



Το Τσαρούχι



Το Ανεμόπτερο



Καρφώστε την φτέρνα



U = if you are



Το χασμουρητό
Ενέργειας



Τα Κουμπιά
Ισοροπίας



Τα Θετικά
Κουμπιά



Η Ζωγραφική
Καθρέπτης



Τα Τεμπέλικα
Buttons



Τα Buttons
της Αλφαβήτου



Το Κύμα
Ενέργειας



Walk With Me - a giving back project by Maria Karakostanoglou
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