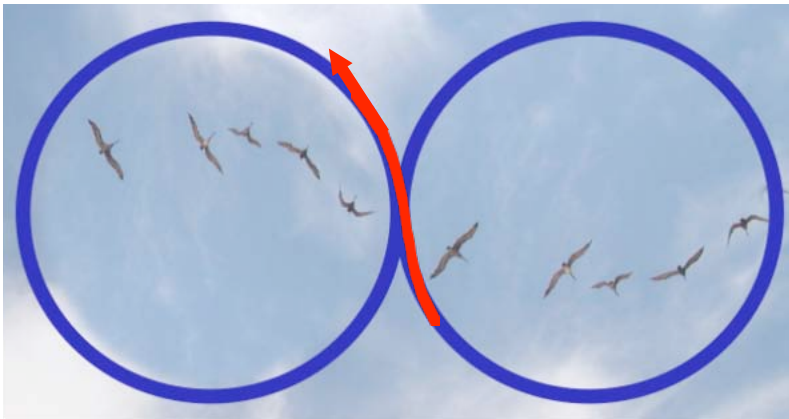




Refining Lazy 8s: Meeting the Learner's Needs

In a recent conversation with Dr. Paul Dennison, I learned some very important information about Lazy 8s, one of our most-used Brain Gym movements.

First, just what is “Lazy 8s”?



Traditionally, Lazy 8s has been taught as starting up the middle and to the left. However, there can be times when it is appropriate to let learners draw it “down the middle.”

The Lazy 8s movement is done by tracing a lateral 8, or “infinity” sign, over and over, sweeping across the lateral midline of the body again and again, activating both brain hemispheres and encouraging them to work together. The Lazy 8s movement looks so very simple, yet many people find over time that reading and writing are easier after doing Lazy 8s for just a few minutes per day, even reducing or eliminating letter-writing reversals.

I invite you to experience Lazy 8s for yourself. Draw a large Lazy 8 on a surface such as paper or a whiteboard, or simply in the air in front of you, positioned so that the center of the Lazy 8 is directly in line with your midline.

Trace the Lazy 8 with one hand: Begin at the center of the Lazy 8 and follow the line, flowing first up the middle and to the left, then up the middle and around to the right, again and again. Holding your head

still, allow your eyes to follow your hand. Trace this pattern for a while with one hand, then the other, then with both hands together. Each time you switch hands or begin anew, start in the middle and flow up and to the left. Notice how

willingly your eyes follow your hand. More importantly, notice any areas of resistance to the flow, as these show that your brain is experiencing “glitches” in how your two brain hemispheres work together, or

how your eyes and hand work together. As you continue to use Lazy 8s, this eye-hand flow will become much easier, and you will likely find certain aspects of reading and writing easier as well.

New information from Dr. Dennison about Lazy 8s:

For a long time, we encouraged learners to trace the Lazy 8 pattern only in the “up the middle” pattern. Any learner who was inclined to trace “down the middle” was gently guided in the “up the middle” pattern. For some learners this was quite a challenge, and resulted in more than a bit of frustration. Dr. Dennison now recommends allowing learners to trace Lazy 8s in whichever direction they are most inclined, especially at first.

Dr. Dennison said that learners inclined to trace Lazy 8s “down the middle” are helping themselves to experience their body more fully, to feel more grounded. Once learners are able to more fully experience their body this

way, they will easily make the transition to the “up the middle” pattern.

So — the new Lazy 8s guideline is this: Allow learners to trace Lazy 8s in whichever direction they are inclined, at least at first. Regularly model the “up the middle” pattern; invite learners to notice which direction their body feels like flowing, while encouraging eventual movement to the “up the middle” pattern.

This guideline can also be used with The Elephant, which is essentially a whole-body Lazy 8; however, the original “up the middle” pattern is always used when doing Alphabet 8s, which rely on that flow for correct letter formation. In fact, Dr. Dennison states that the Alphabet 8s and letter formation should not be attempted until the learner has integrated Lazy 8s in both directions, up and down.

No matter which form of 8s the learner is doing, it is still optimal to start at the center and move first to the left, so he or she is activating the “ease” aspect of the gestalt hemisphere.

I have been playing with this new information, and have had very interesting experiences. When I trace Lazy 8s “down the middle,” I’m much more aware of my body — and my feet even feel more

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In the Brain Gym in the Classroom workshop earlier this year, we had fun drawing Lazy 8s many different ways -- including with bubbles! More on Page 3



Refining Lazy 8s, continued

connected to the floor. Then, when I trace “up the middle,” I’m less aware of my body, and very aware of my mind — I can almost feel the hemispheres of my brain switching on!

Dr. Dennison explained, “Thirty years ago, I worked with delayed learners who basically had a good sense of their body, but needed more integrated brain function. Typical Lazy 8s were quite effective, and we didn’t realize that they might ever need to be done another way. Now, many of us are working with learners who do not have a good awareness of their body. We need to support these learners in developing body awareness, so their experience of brain integration will be more appropriate and complete.”

I love this new information, because it helps me understand why learners might be inclined to trace Lazy 8s the way they do! Now my job is simply to notice direction of flow the learner is using, continue modeling the “up the middle” flow, and notice change as it occurs (sharing with the learner, as appropriate) with appreciation for the process. 

Visioncircles - Rediscovering Full Sensory Awareness


What does it mean to “see”? It’s more than just vision. A person may tell us something, and we then “see” what they mean. We may bump into an object, and “see” our boundaries. So many aspects of our sensory processing combine to become our “vision” of the world around us, how we experience ourself and our world. How does this “visual” construct come about?

The Visioncircles course is a creative exploration of eight developmental spheres: the Observer, Animator, Resonator, Nurturer, Builder, Internalizer, Communicator, and Synergist. When these spheres develop completely and in harmony, we become a fully sensory-aware being.

If there are glitches along our developmental path, we may develop stress-based compensations in regard to one or more of these spheres. These compensations may make certain

activities take more time and energy than one would like. This may be true for you, for friends or family, or for students or clients in your care.

With your grounding in the experience of these eight Visioncircles spheres, and with the tools you learn in class, you will be prepared to support any learner whose balance learning menu calls for Visioncircles. You will know that this learner wants to return to one of these spheres to complete it more fully, with joy and ease, and bring aspects of that sphere into his or her own “vision” of the world.

The Visioncircles class will be taught in Phoenix June 28, 29 and 30. That’s Wednesday, Thursday and Friday. Your instructors will be Kathy Brown and Cristina Whitehawk. Visioncircles counts as a “Foundation Course” towards instructor/consultant licensure. See the registration form on Page 4 for more information. 

Optimal Brain Organization Coming Soon

May 6 - 7, 2006

Registration: \$275, or \$250 if paid at least two weeks in advance (Repeat for half registration fee)
Prerequisite: Brain Gym® 101
Location & Time: Center Edge Office -- 9:00 am to 5:00 pm
Instructor: Kathy Brown, M.Ed.

Which side of your brain do you use for... ?

Reading	Math	Writing	Communicating
Motivation	Memory	Relating to others	Other life activities

What happens to your brain (and your ability to function) when you experience stress?

What’s happening neurologically as people experience.... ?

Reading difficulty	Poor handwriting	Lack of motivation	“Lost” in daydreaming
Poor memory	Stuttering	Learning frustration	Don’t seem to “hear” you
Lack of organization	Negative attitude	Poor comprehension	Jerky, stilted oral reading

In this course you will....

- Discover your own Brain Organization Profile and experience it in action
- Learn to assess the Brain Organization Profiles of others
- Understand the effects each profile has on learning style
- Experience how movement supports everyone in overcoming the challenges of their profile
- Give new meaning to “right brained” and “left brained” -- and other misunderstood labels
- Understand the role of early learning experiences in determining Brain Organization Profiles
- Relate the Organization Profiles to reading, writing, hearing, vision, motivation and social skills
- Incorporate the tools of Brain Organization Profiles into your Edu-K balances...



Isabel Cohen, instructor for the Brain Gym in the Classroom workshop in January, explains use of Lazy 8s to balance right and left hemispheres of the brain. In the background are examples of the many Lazy 8s we explore in this course.

Below, a team shares the song they created (to the tune of "Mary Had a Little Lamb") to teach the PACE warmup. In this verse they demonstrate Brain Buttons to the other 20 participants in the workshop.

Lazy 8s Star in January Workshop



Artistic fun with Double Doodle -- each hand holds a marker! Draw mirror image designs to activate both hemispheres of the brain and invite them to communicate.

Below, partners create cooperative Cross Crawl activities. Below right, participants experience aspects of coordination by popping bubbles with their finger, elbow, knee, or head.



The Brain Gym® Course

June 15-17
Sept. 8-10

July 19-21 (Wed-Fri)
Nov. 3-5

Dec. 1-3

Brain Gym is the core program of Educational Kinesiology, a system developed by learning specialist Dr. Paul Dennison, in which simple developmental movements and processes are used to enhance physical, mental and emotional ease and functioning.

What you will learn in the Brain Gym Course:

- All 26 Brain Gym movements and how to use them to connect with your innate intelligence and ability
- Simple yet powerful Brain Gym processes you can use to help yourself and others improve in listening, reading, comprehension, handwriting, focus, organization, and more.
- The physiology behind how movement activates potential - and the experience to make it real for you.
- How to apply all this in schools and in your home for happier, easier learning.

Course Registration Form

Yes! Please register me for the course(s) noted below.

Name (please print clearly) _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____

Fax _____ Email _____

How did you find out about this course? _____

Optimal Brain Organization – May 6 - 7, 2006 (Sat-Sun)

Optimal Brain Organization – November 18 - 19 (Sat-Sun)

I am enclosing full payment of ___\$300 or ___\$275--early reg. rate (2 weeks ahead)

I am enclosing repeat-rate payment of ___\$150 or ___\$140--early reg. rate (bring manual)

I am holding my place as a ___first-time or ___repeat student with a \$50 non-refundable deposit. I will pay my balance of \$_____ on check-in.

I am enclosing a corporate or school district purchase order for ___\$300 or ___\$150--repeat

Visioncircles – June 28 - 30 (Wed-Fri)

I am enclosing full payment of ___\$425 or ___\$395--early reg. rate (2 weeks ahead)

I am enclosing repeat-rate payment of ___\$215 or ___\$200--early reg. rate (bring manual)

I am holding my place as a ___first-time or ___repeat student with a \$50 non-refundable deposit. I will pay my balance of \$_____ on check-in.

I am enclosing a corporate or school district purchase order for ___\$425 or ___\$215--repeat

Brain Gym 101 – June 16 - 18, 2006 (Fri-Sun)

Brain Gym 101 – July 19 - 21, 2006 (Wed-Fri)

Brain Gym 101 – September 8 - 10, 2006 (Fri-Sun)

Brain Gym 101 – November 3 - 5, 2006 (Fri-Sun)

Brain Gym 101 – December 1 - 3, 2006 (Fri-Sun)

I am enclosing full payment of ___\$425 or ___\$395--early reg. rate (2 weeks ahead)

I am enclosing repeat-rate payment of ___\$215 or ___\$200--early reg. rate (bring manual)

I am holding my place as a ___first-time or ___repeat student with a \$50 non-refundable deposit. I will pay my balance of \$_____ on check-in.

I am enclosing a corporate or school district purchase order for ___\$425 or ___\$215--repeat

Please mail your payment or purchase order with this form to:

Kathy Brown / Center Edge • 4915 E. Pinchot Avenue • Phoenix, AZ 85018

All deposits (or \$50 of each early full payment) are non-refundable unless we reschedule.

For more information please see our website at www.centeredge.com or call us at 602/952-7001.

Please wear comfortable and loose pants or shorts, and bring note taking materials. Water and snacks will be provided. You are welcome to bring any snacks for yourself or to share. Restaurants are nearby for lunch, or bring your own.

We look forward to having you in class!