



Brain Works Naturally
Connect Heart + Brain + Body

FIND YOUR PACE

with Janice Fiore

The basic warm-up or tune-up movements in Brain Gym are helpful in beginning or ending the day. They can be done together or separately as an energizer or brain break. When done in the order that is suggested below, each of the three brain/body dimension connections are activated.



Step 1: Sip Water

Energize your system by sipping water throughout the day. Water hydrates the body on a cellular level, enhancing cellular polarity and communication.



Step 2: Brain Buttons

Place your thumb and pointer or middle finger just below the collar bone on either side of the sternum and press gently upward, or rotate or pinch inwards. This clears neural pathways and stimulates the reticular activating system. It is calming to the emotional centers to place the other hand on the waist and to breathe deeply, at the same time. Push stomach out with an inhale breath and in with an exhale. Switch hands after 3 or 4 breaths and breathe deeply while pressing, rotating, or pinching. Keeping your head still, facing forward, move your eyes from left to right and right to left as you continue to breathe deeply rotating or pinching beneath the collar bone.



Step 3: Cross Crawl

Activate lateral connections by crossing the midline with your hand, raising your opposite knee and connecting with intention with the hand crossing the midline. Alternate connecting left and right and right and left for a sequence of 14-21 times.



Step 4: Hook Up/Positive Points

Cross your ankles and match same arm on top as foot on top and cross your wrists; place thumbs down, palms together, folding fingers through. Twist and rest your folded hands on your chest. Place the tongue on the roof of the mouth, pressing gently behind the ridge behind your teeth. Inhale deeply, pushing stomach out with the inhale and in with the exhale. This is even more relaxing for some doing the movement with eyes closed. Take 3 deep breaths. Then release hands and feet and bring your fingertips together, noticing possible warmth between your palms and/or a pulse in your fingertips as they connect.

BRAIN GYM®
Licensed Instructor/Consultant



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