

BODY CENTERED LEARNING

Categories – Education, Personal & Professional Development

Do you think we've taken the "L" off learning, and turned it into a situation of EARNING? Instead of enjoying the process, there seems to be stress to prove ourselves, compete, and over-ride the natural learning curve.

Learning is a personal and unique experience. Just as each flower blooms in its own season, each person moves through learning cycles and achievements when it is most ripe and appropriate for them. When we ignore or bypass this natural learning curve for the sake of deadlines or curriculum commitments, the potential in the individual becomes limited, and in some cases sabotaged.



The true spirit of education is to “draw out” the wisdom from the learner, rather than deposit, stamp-in or force it. It requires patience and trust to experience a genuine learning process. Learning, in its most natural state is fun, simple and easy. It grows and transforms us so that we are born anew, feeling energized and ready, wanting more!

What a joyful and magical experience to observe an infant in the process of developing a relationship and understanding with the world around him. It's also a sacred journey to be honored, savored, and protected in the early years and onward. Given permission, safety and love, a child will naturally discover and uncover information about them self, the people and the environment around, through exploration and the senses.

While we may be more likely to offer this learning space to a baby or toddler, we must understand the importance of offering this to children and adults of all ages.

Just like a plant that is given the appropriate conditions such as water, sunlight and soil, a child whose needs are met, can - in their own time and season blossom into the most unique and beautiful expression of themselves.

The early stages of our educational experience sets the stage for how we approach all future learning opportunities. The way we "learn to learn" as a child, determines how we "learn to live" as adults. Because of this, it's best to assist all children in identifying and supporting their own natural learning style rather than fitting them into a "one-size fits all" mold that will limit and negate their process and their potential.



What has happened with the way we are approaching learning, and life, that is causing people to suffer, and in some instances drop-out?

Neuroscientific studies have proven that when a body is in stress, blocks occur in the brain and information cannot flow freely among the brain centers and sensory systems. When learning turns into a "destination" that we have to reach, at the same time, in the same way, parts of ourselves get left behind.

Brain Fitness is a wonderful way to get in touch with our optimal learning readiness, style and pace, while continuing to function in conjunction with our classmates, colleagues and family members.

No one should be left behind in the learning process! If someone is, it is the responsibility of the institution and the community to find out how that person can best be supported to achieve their personal best – not compromise themselves to fit a square peg into a round hole.

Brain Fitness is a key tool that can be used to achieve this goal in the classroom, workplace and day-to-day life, making the experience win-win for all!

Research supports a multi-pronged approach to cognitive health, featuring good nutrition, stress management, and both physical and mental exercise.

In a recent article by *Harvard Business Review*, neuroscientific research now shows that the health of your brain isn't, as experts once thought, just the product of childhood experiences and genetics; it reflects your adult choices and experiences as well.

Professors Gilkey and Kilts of Emory University's medical and business schools explain how you can strengthen your brain's anatomy, neural networks, and cognitive abilities, and prevent functions such as memory from deteriorating as you age. The brain's alertness is the result of what the authors call *cognitive fitness*--a state of optimized ability to reason, remember, learn, plan, and adapt.

Certain attitudes, lifestyle choices, and exercises enhance *cognitive fitness*. Brain-imaging studies indicate that acquiring expertise in areas as diverse as playing a cello, juggling, speaking a foreign language, and driving a taxicab expands your neural systems and makes them more communicative. In other words, you can alter the physical makeup of your brain by learning new skills and using specific brain activation strategies like Brain Gym® movements.

The more cognitively fit you are, the better equipped you are to make decisions, solve problems, and deal with stress and change. Brain Fitness will help you be open to new ideas and alternative perspectives. It will give you the capacity to change your behaviour and realize your goals. You can delay senescence for years and even enjoy a second career.

Our Brain Fitness programs are easy enough for children, adults and seniors to take part in, and also yield successful results with those who have specific neurologically based learning disabilities, such as Autism, ADHD, Anxiety, etc.

Brain Fitness / Brain Gym® movements use the physical body to stimulate and create neurological pathways. It can be done alone, in partners or in group. A self-directed learner can use it to support their achievement; equally the entire family can participate!

These activities can be done strategically based on activity or in specific combinations to achieve particular goals, support special needs goals and to shift general sense of wellbeing and attitude

Join us for our upcoming Brain Fitness [community course for a half or full day training](#) to grow your brain!

Jill Hewlett and Sharon Todd are co-founders of Brain Works Global Inc., Educational Kinesiologists, and licensed Brain Gym® trainers. Using ground-breaking neuroscience, they empower and maximize learning and leadership potential to nurture innovation, organizational culture, and change.

For over a decade Wellness Authority and Brain Fitness Expert, [Jill Hewlett](#), Professional Speaker, and head of Training and Development, has been providing interactive, inspirational, and educational keynotes and in-house training to a wide range of [Organizations](#), [Educational Institutions](#) and the [Wellness](#) sectors across the nation.

For more information go to <http://www.brainworksglobal.com> or call Sharon Todd for Sales and Strategic Partnerships at 647.932.3273



Become The Sculptor Of Your Brain!