

The Learning Menu for the Brain Gym® Course

The Midline Movements



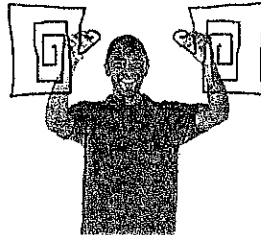
The Elephant



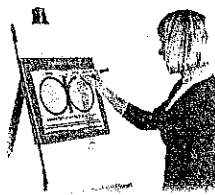
Think of an X



Neck Rolls



The Double Doodle



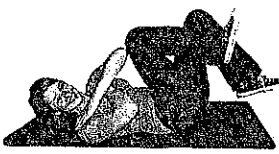
Alphabet 8s



Belly Breathing



The Cross Crawl



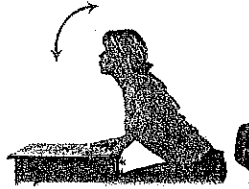
Cross Crawl Sit-ups



Lazy 8s



The Rocker



The Energizer



Sipping Water



The Energy Yawn



The Thinking Cap



Space Buttons



Earth Buttons



Brain Buttons



Balance Buttons



The Positive Points



Part I



Part II

Hook-ups

Deepening Attitude

The 26 P... sic Movements

The Energy Exercises

The Lengthening Activities



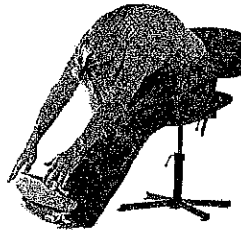
The Owl



Arm Activation



The Footflex



The Gravity Glider



The Calf Pump



The Grounder

Repatterning:

Dennison Laterality Repatterning

Three-Dimension Repatterning

