

## BrainGym® Developmental Movement

Brain Gym reproduces the movements naturally done during the first months of life. These movements facilitate the integration of the processes of the eyes, ears, hands, and body. The twenty-six BrainGym movements were developed by Paul and Gail Dennison.

At Chrysalis Center for Change, BrainGym is used primarily with the aim of improving integration between the left and right hemispheres of the brain (lateralization). BrainGym has also been found to aid in these areas:

- Concentration and focus
- Memory
- Academics
- Physical coordination
- Relationships
- Self-responsibility
- Organizational skills
- Affect and mood



For more information about BrainGym, we recommend the best-selling book Smart Moves by Carla Hannaford.



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