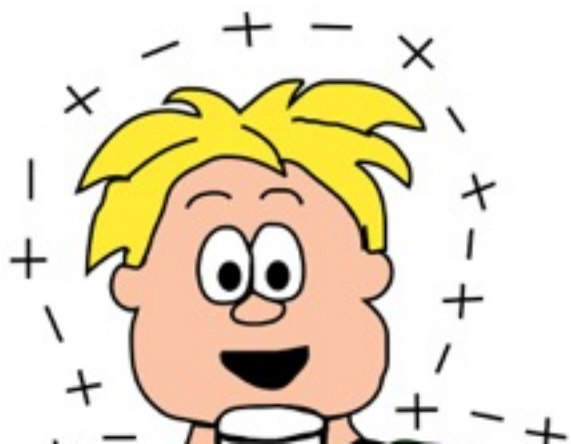


# SIPPING WATER



**The number one  
stress buster &  
brain integrator**

# PLUGGING IN



**Recharge your  
battery with  
this powerful  
electromagnetic  
balancer**



# COOK'S HOOK-UP



**Bring all your  
energy meridians  
into a balanced  
state whenever  
you are hurt,  
shocked or  
confused**

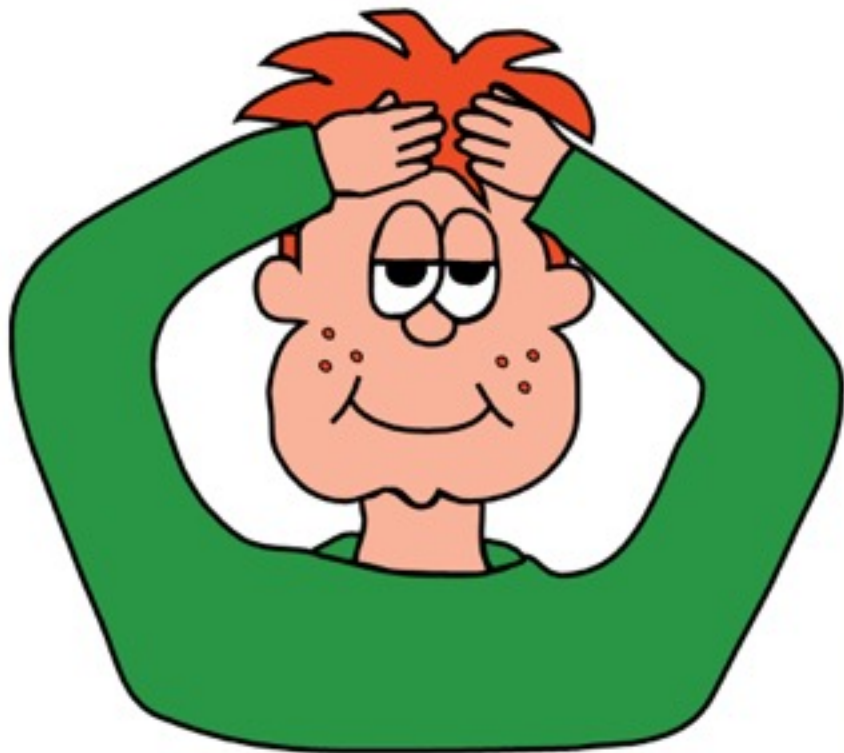


# POLARIZED BREATHING



- 1. Press one nostril shut and breathe in. Release. Press the other nostril shut to breathe out. Repeat 3 times**
- 2. Reversing nostrils in and out, repeat the first step**

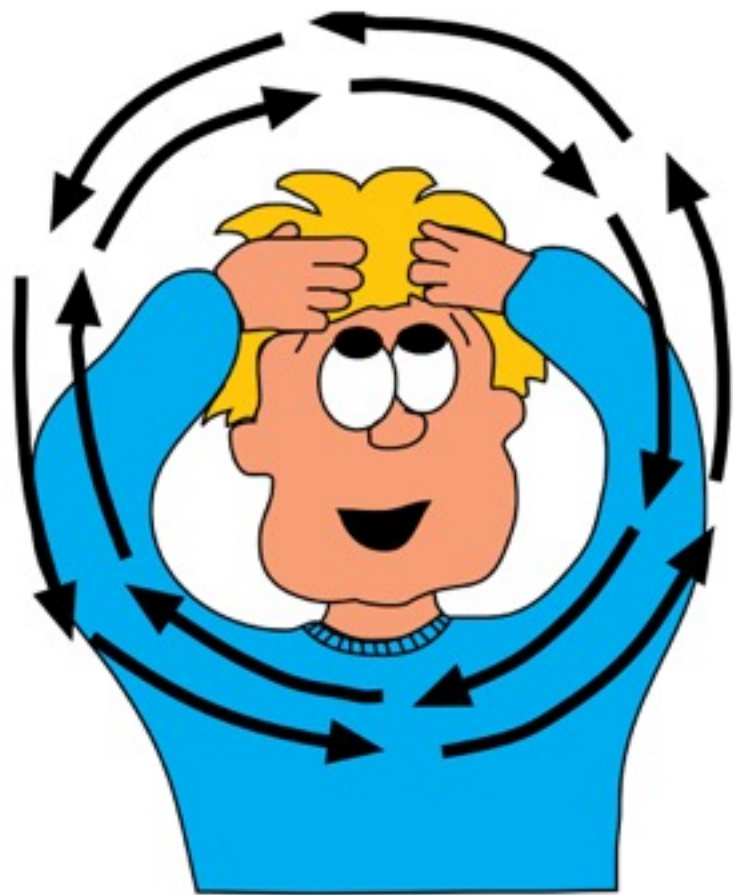
# EMOTIONAL STRESS RELEASE



**Use this when you are angry, hurt or shocked, to ease your emotional upset**

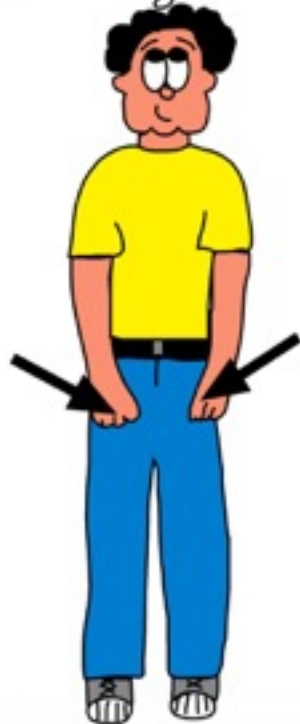


# EYE ROTATIONS



**Combining Eye Rotations with Emotional Stress Release gives you a powerful tool to control your emotional wellbeing**

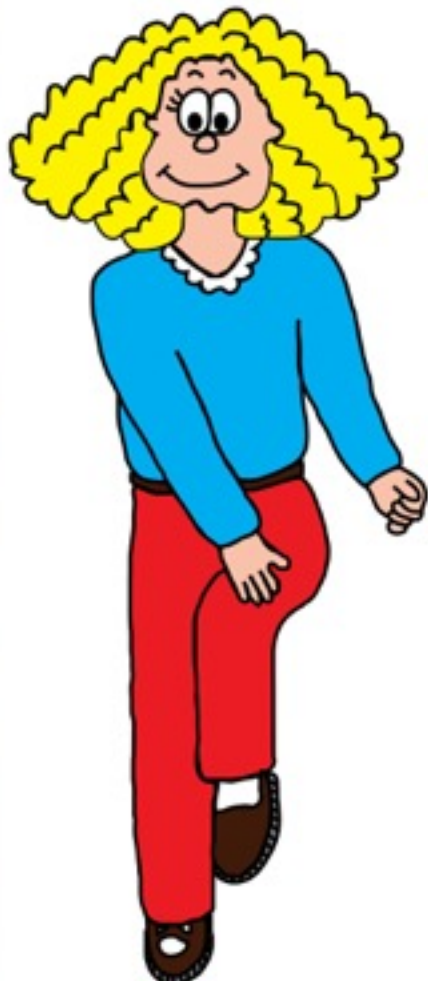
# ANCHORING



- 1. Choose a convenient Anchor Point on your body**
- 2. Think of a happy time, and firmly push on your point to lock your positive feelings into a physical circuit**
- 3. When stress hits you, press on this point to access the positive energy**

# CROSS PATTERNING

START



END

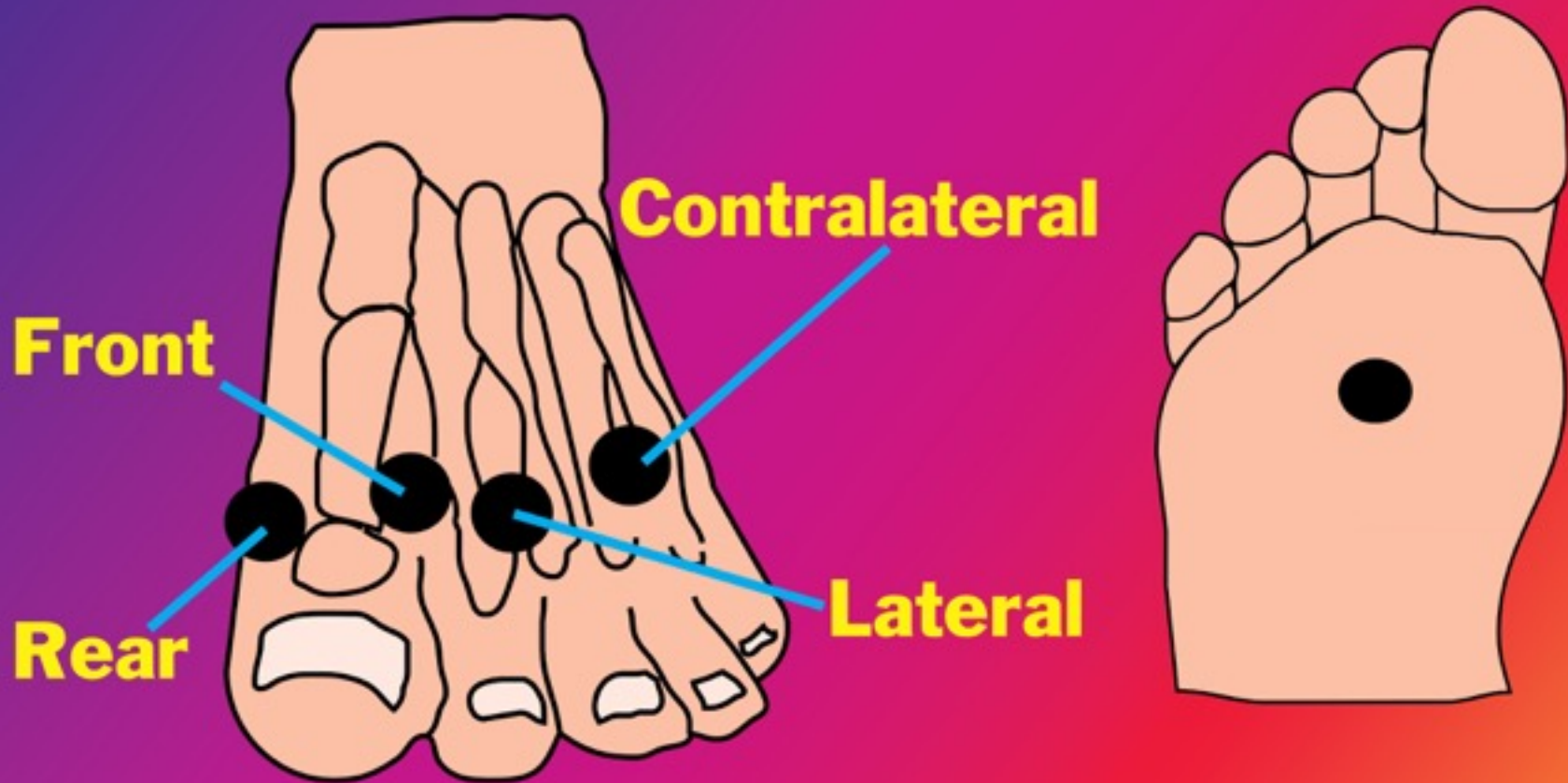


Activate your whole brain and body with this hemispheric integrator

Alternate sets of cross lateral and one sided movement



# GAIT POINTS



# SACRAL SPINAL ROCK



**Prime your  
sacral  
spinal  
pump!**

**A midline  
activity,  
essential for  
getting  
energy to the  
brain**

# THE ENERGIZER™

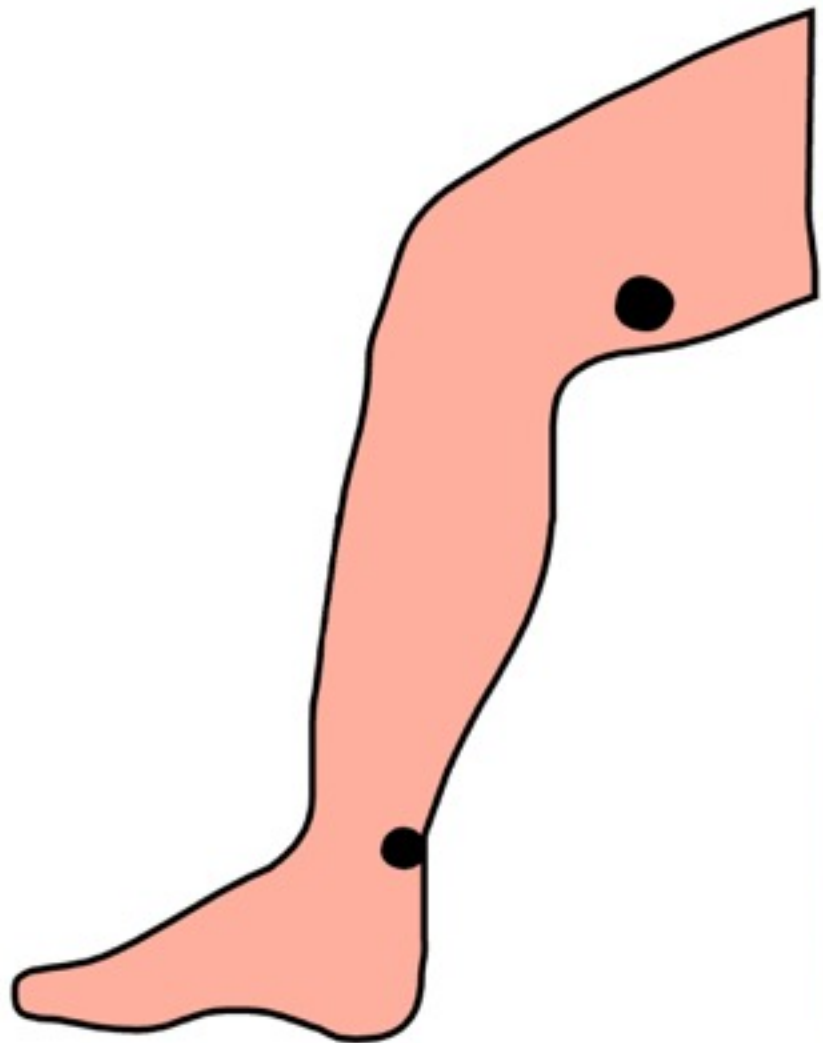


**RELEASE THE TENDON  
GUARD REFLEX**

**Ease that back stress!  
This Brain Gym  
activity keeps the  
spine supple, flexible  
and relaxed, releasing  
any fixation of the  
vertebrae**



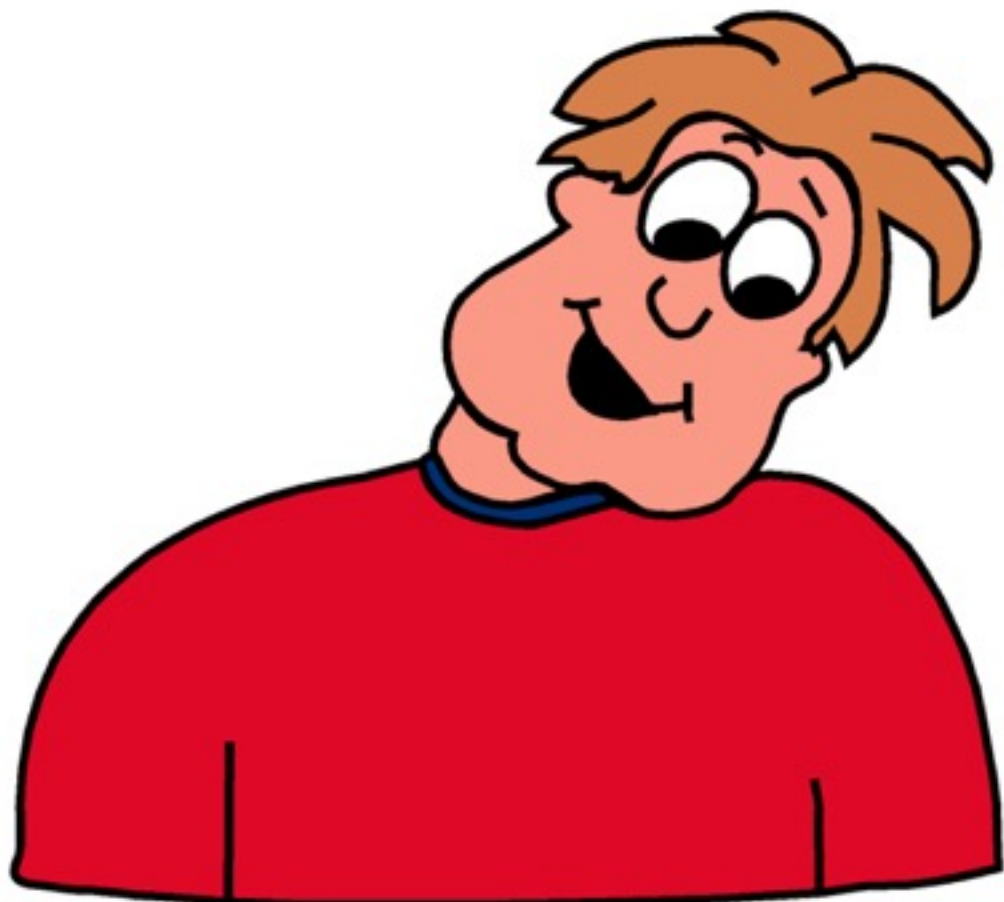
# TENDON GUARD REFLEX



## RELEASE THE TENDON GUARD REFLEX

- 1. Pluck both insertions of the hamstring muscle at the back of the knee, a few inches toward the buttocks**
- 2. Pluck and flex the back of the heel tendon. Repeat on other leg**

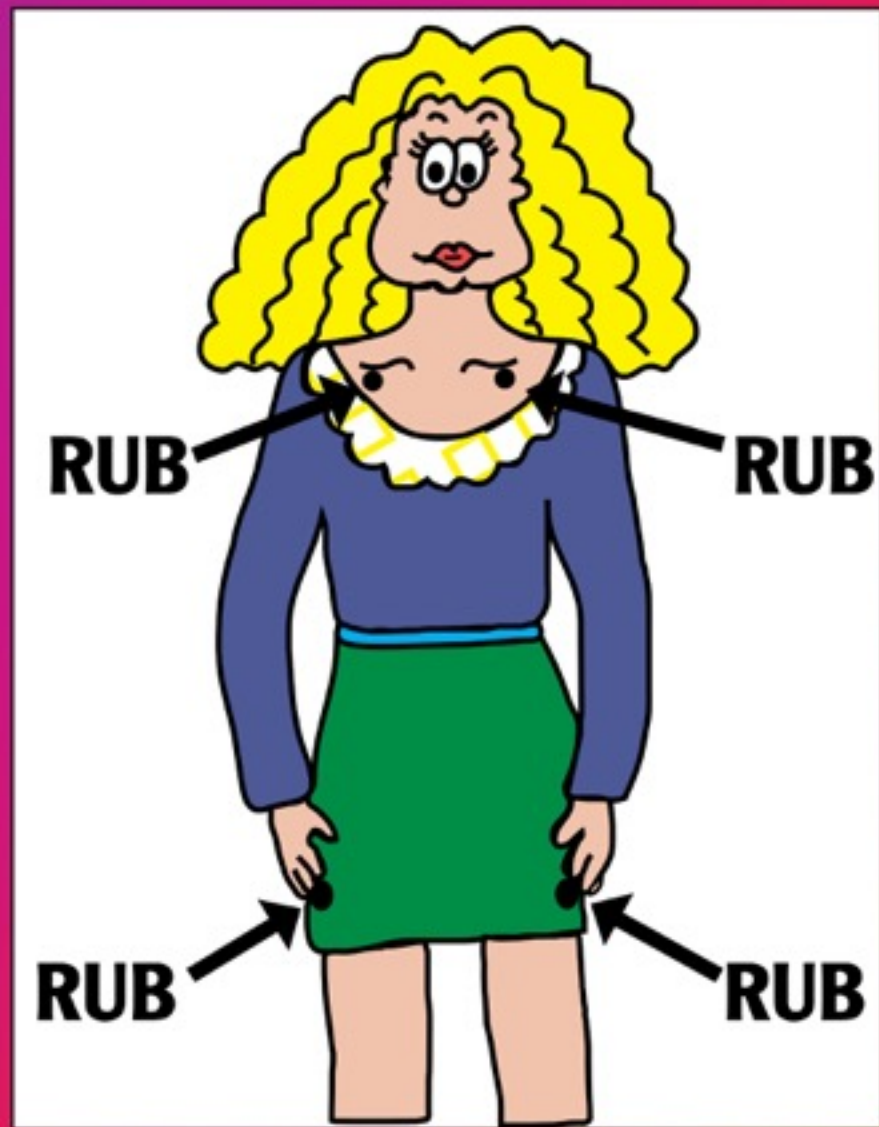
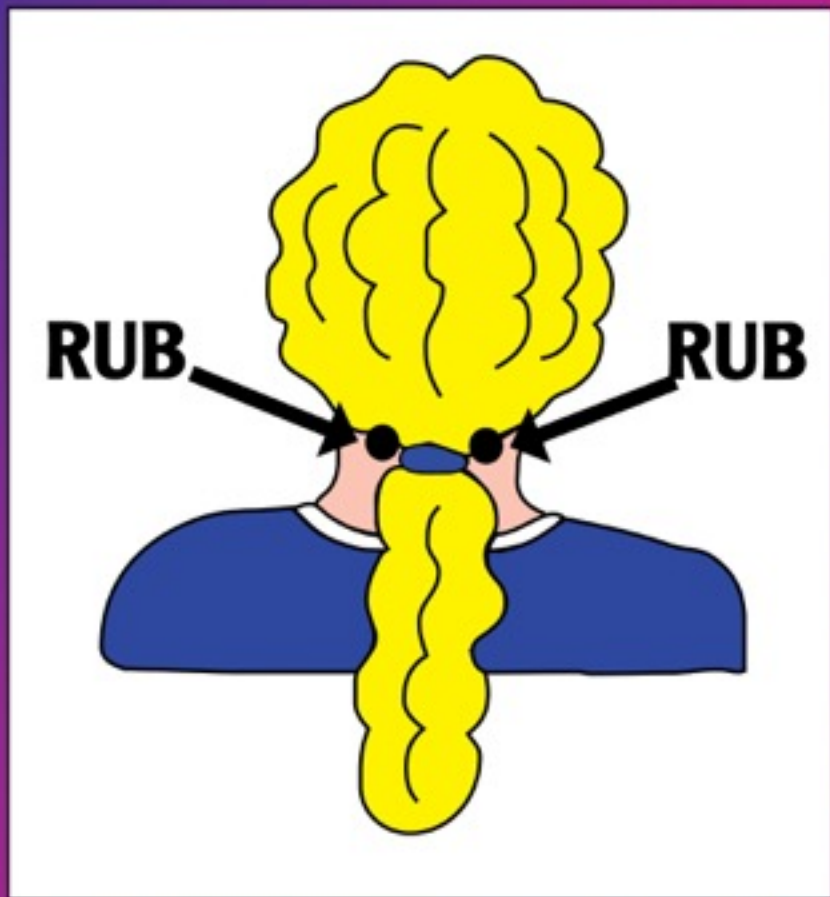
# NECK AND SHOULDER RELEASE



**1. Drop your left ear gently toward your shoulder**

**2. Gently put your right arm behind your back to enhance your right neck muscle release**

# RUB OUT TENSION AND HEADACHES



# YAWNING - RELAX YOUR TMJ

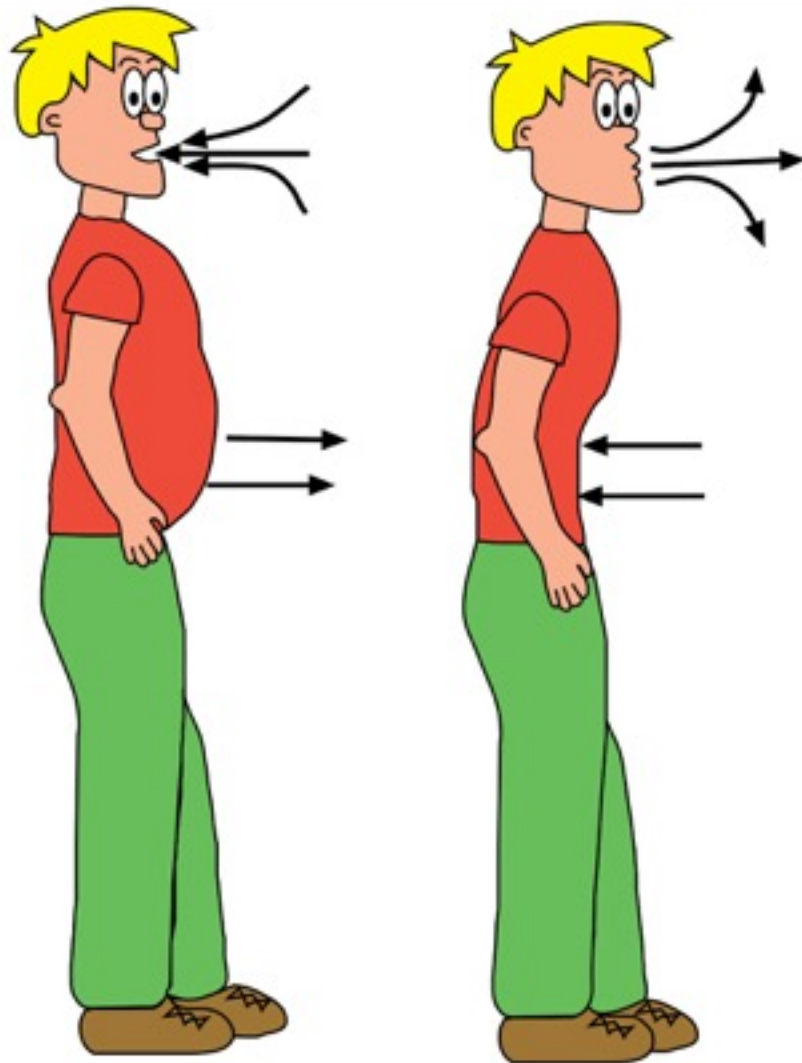


**Yawning relaxes the Temporalis and Masseter muscles**



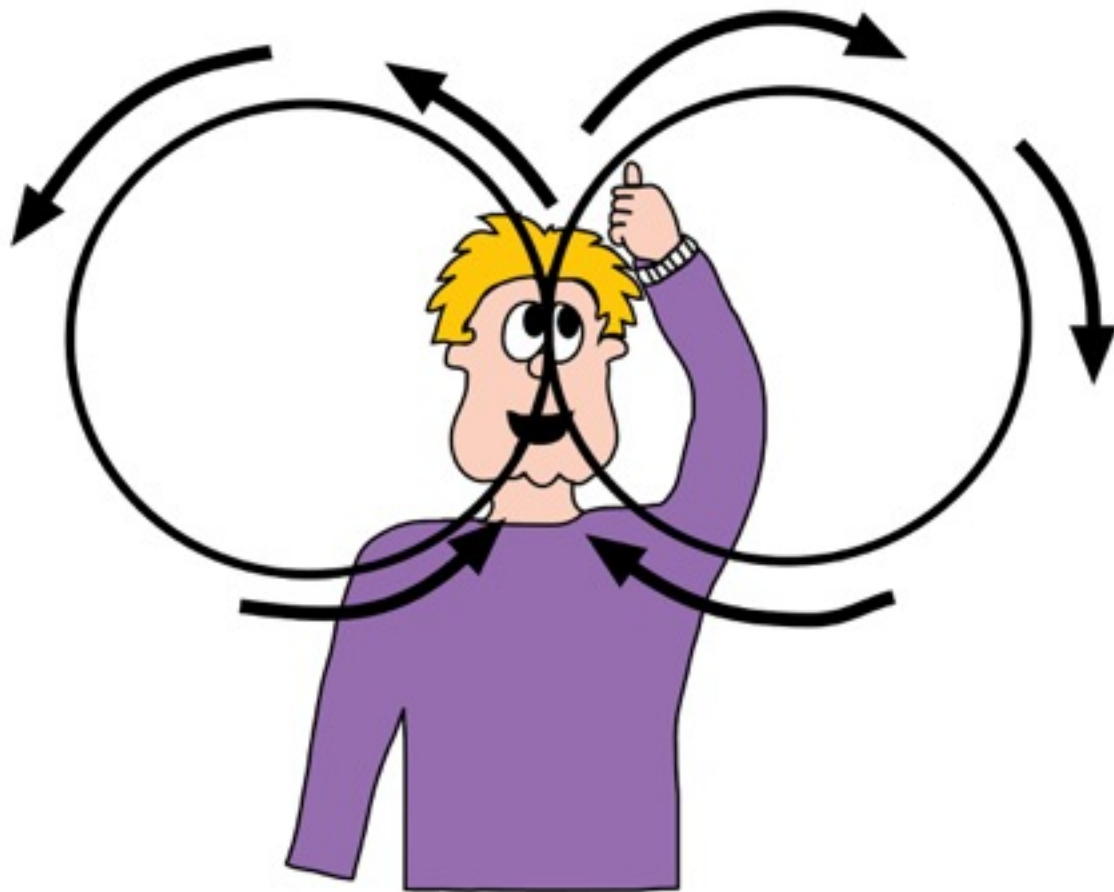
**Take a deep, noisy yawn, inhaling into the diaphragm. Then exhale completely**

# DEEP BREATHING



**Expand your abdomen when you breathe in and compress it when you breathe out**

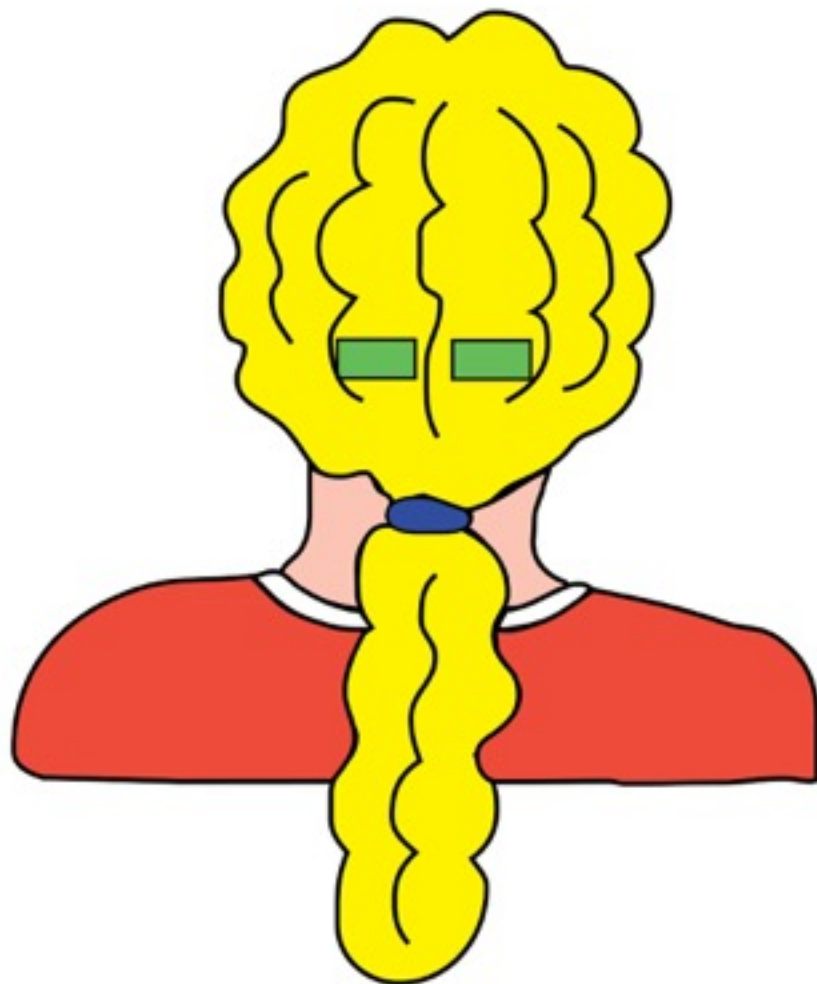
# LAZY 8s™ FOR THE EYES



**1. Hold your arm in front of you with the thumb up**

**2. Always remember to start a Lazy 8 by going up the middle**

# EYE POINTS



## #6

**Be Sense-Able pt 1**

**Massage along the indent above the first turn of your skull**

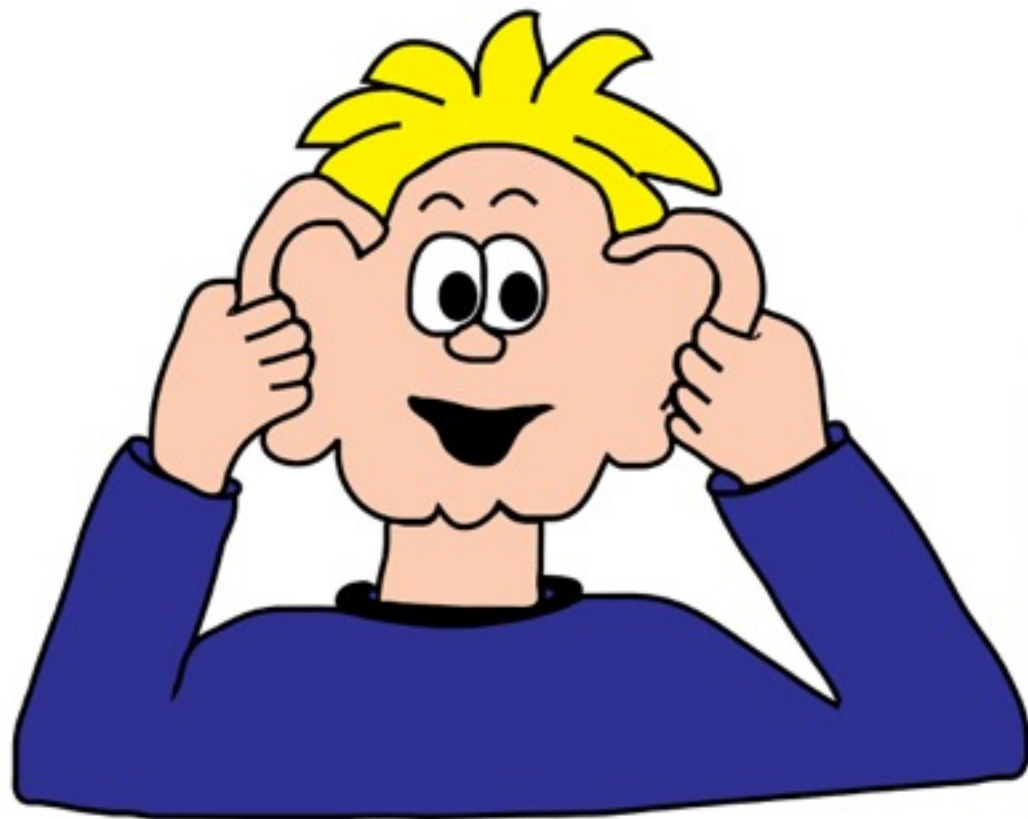


# PALMING



- 1. Rub your hands together briskly**
- 2. Hold the palms of your hands over your eyes and imagine a picture (a flower or an animal etc.)**

# RUB YOUR EARS



**#6**

**BE SENSE-ABLE  
PT 2**

**To sharpen your  
attention, give your  
ears a gentle  
massage, unrolling  
the edges as well**



# THE OWL™



**A great Brain  
Gym® to release  
tension in the  
shoulder and neck,  
sharpening  
listening and  
memory**



# NECK ROLLS



**Gently roll your neck from shoulder to shoulder**

**Move slowly, with your chin to your chest**



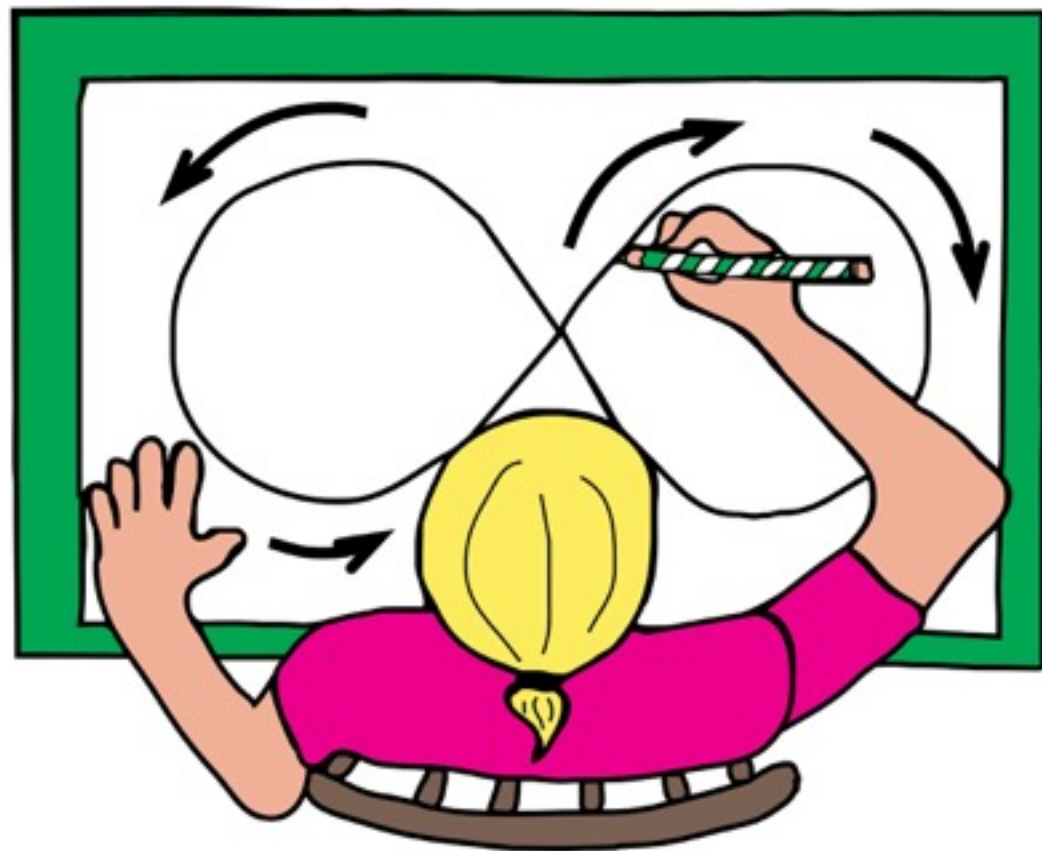
# HYPERTON-X NECK RELEASE



**As you breathe out,  
push for 6 seconds  
using 10% of your  
strength, against  
your hand's light  
resistance**



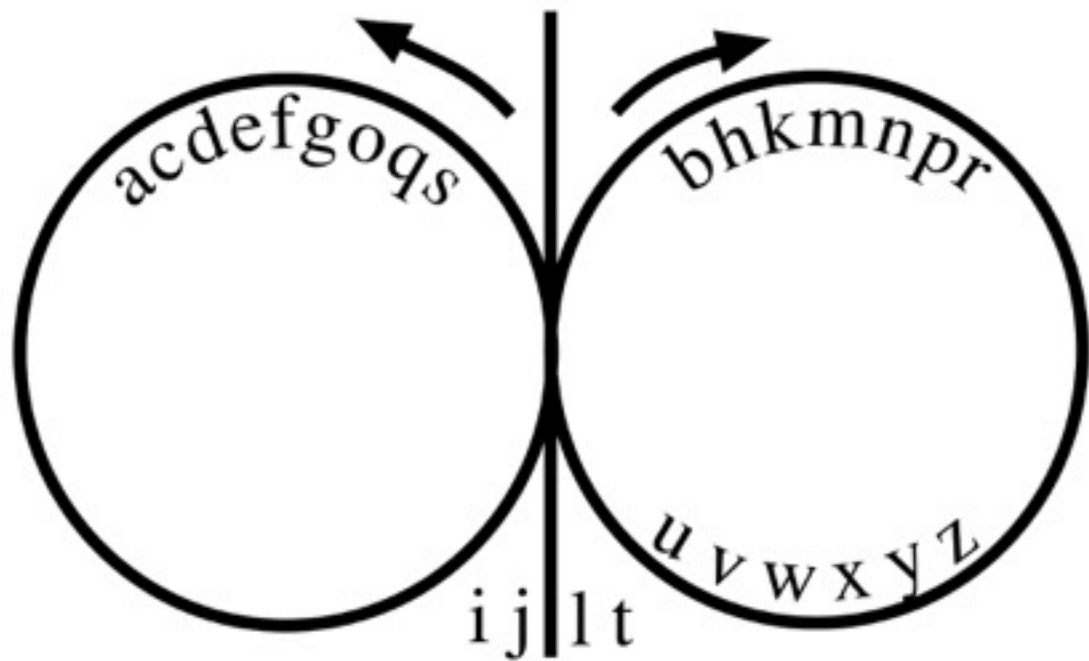
# LAZY 8s™ FOR WRITING



Always start in the center, going up in the middle, around the top and down on the outside



# ALPHABET 8s™

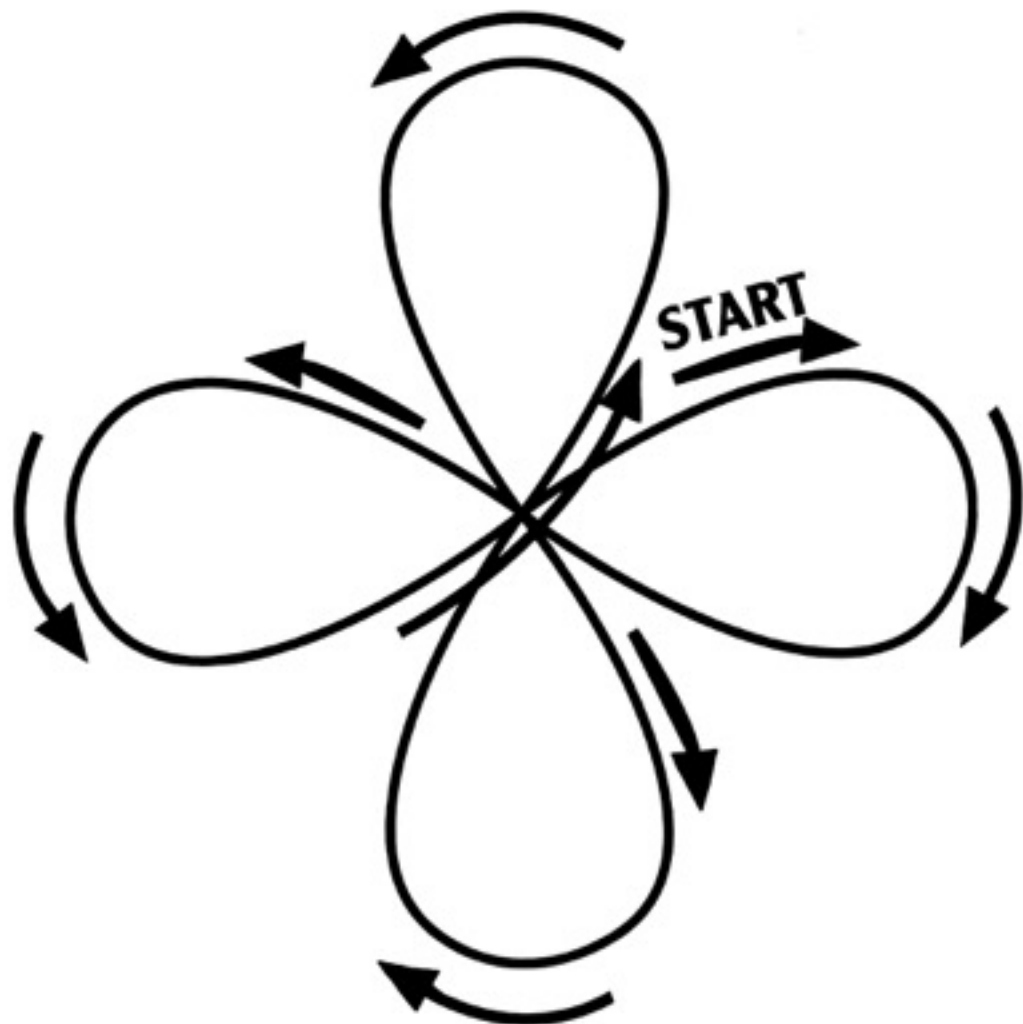


**Practice printing  
your alphabet on  
the Lazy 8**

**After the pen hits  
the paper does  
the letter go to  
the left or the  
right?**



# THE CLOVERLEAF™



Get your fine motor skills flowing

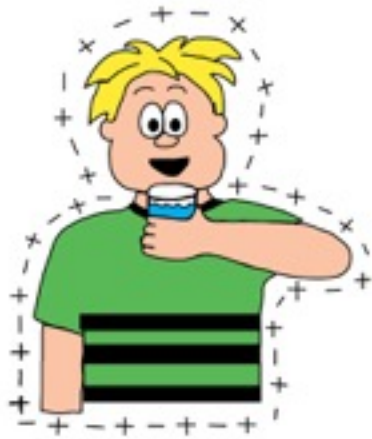
Start by drawing a Lazy 8™, then flow up from the center to the right to begin your verticle 8





# THE QUICK SIX

## 1. Drink Water



## 2. Plug In



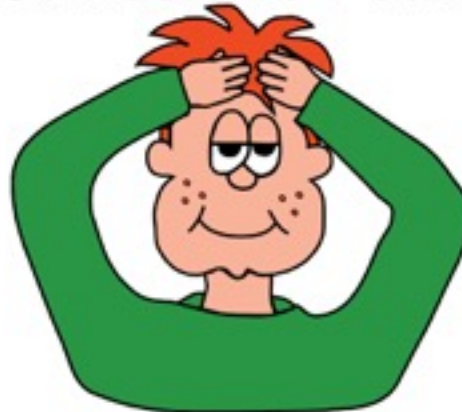
## 3. Cross Patterning



## 4. Cook's Hookup



## 5. Positive Points



## 6. Be Sense-Able

