



Using Movement to Integrate the Brain

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Fall Newsletter – 2011

THE DRUMS ARE BEATING 😊



After 12 years of very fulfilling and exciting work here in Maine, I am slowing down and am seeking a group of committed people to get licensed to do Brain Gym®. There is no one really active in the in the Portland area nor many people who would like to travel upon request to teach Brain Gym around the state. Are you interested?
I would love to assist you in the licensure process.

What's in it for you?

- Another career?
- Fulfilling work after retirement?
- A life-changing gift to society?
- Additional income for satisfying part-time or full-time work?
- Serious %soul+food

Schools, hospitals, businesses, retirement living places, and nonprofit organizations continue to ask for Brain Gym presentations and courses. Families, schools, private individuals ask for consultations and/or private sessions. Every person on the planet could benefit from Brain Gym. 😊 We all have gifts and challenges. I would like to assist students to get their license by importing presenters from other parts of the country to Maine to teach the upper level courses. To do that I need to have a group of committed people taking part to make it possible to pay the instructors to travel here. Happily, many courses are already available in New England.

The license allows each recipient to instruct, consult and have a private practice. I have done all three and it has been a wonderful rewarding and fun trip . life-changing for me as well as for many others. This is a wonderful heartwarming profession and I can't recommend it more highly.

This spring I presented in Machias, way Downeast on the coast at the Canadian border. As I drove there from Portland (mileage was paid), I felt blessed to have work that took me to beautiful peaceful places. I had fun training a lively group of teachers and stayed in a wonderful historic 18th home. The B&B overlooked the Narraguagus River, had fantastic food and the hosts could direct me to the local organic blueberry farm. I brought home 20 pounds!

If you're interested, feel free to call or e-mail me to discuss the possibilities of licensure and what that would look like. With e-mails, please include your phone number.

UPCOMING LEARNING OPPORTUNITIES

DATE	EVENT	LOCATION	DETAILS
NOV. 9 6:30-8:30 pm	INTRO TO BRAIN GYM® De-Stress for Success with Beth Stoddard	222 St. John Street Suite 117 PORTLAND, ME	Call or email Beth for a flyer. Fee: \$15. 00 or HEP <i>Pre-registration required</i>
Fri. Nov. 11 8:30-4:30 and 6:30-8:30 pm Nov 12 & 13 8:30 am- 5:00 pm	VISIONCIRCLES With Sue Stepick, M. Ed.	The Kinesiology Connection 594 Marrett Rd. #20 LEXINGTON, MA 02421 0.5 miles from I- 95 exit	For Information or to register, email sstepick@yahoo.com or call 1-603-428-7518 www.kinesiologyconnection.com to download flier select VC 11/11
Dec. 6 6:30-8:30	INTRO TO BRAIN GYM® De-Stress for Success with Beth Stoddard	222 St. John Street Suite 117 PORTLAND, ME	Call or email Beth for a flyer. Fee: \$15. 00 or HEP <i>Pre-registration required</i>
Part I: Dec. 9-10 Fri 4p-8:30pm Sat 8:30a-5pm Part II Jan 13-14 Fri 4-8 pm Sat 8:30-5:30 Snow date if needed is Jan 20-21	Basic BRAIN GYM course ó BRAIN GYM® 101 Train the brain for efficient learning & joyful living (1 st course for licensure) with Beth Stoddard	ELLSWORTH, ME First Congregational Church of Ellsworth 2 Church St. Right behind City Hall and Police Station	Details Email or call Beth for a flyer/ registration form. Fee is \$440.00 Early bird special \$395.00 before Nov 18 2 or more from save organization \$375 @ CEUø and Grad Credits available

<p>Part I: Feb 10-11 Fri 4-8 pm Sat 8-5 (12 hours)</p> <p>Part II: March 9-10 Fri 4-8 pm Sat 8-5 (12 hours)</p>	<p>Basic BRAIN GYM course ó BRAIN GYM® 101 Train the brain for efficient learning & joyful living (1st course for licensure) with Beth Stoddard</p>	<p>222 St. John Street Suite 117 PORTLAND, ME</p>	<p>Details</p> <p>Email or call Beth for flyer/registration. Fee is \$440, early bird special \$395.00 before Jan 20</p> <p>2 or more from same organization, \$375 @. CEUø & Grad. Credits available</p>
<p>April 14-15 8:30-4:30</p>	<p>OPTIMAL BRAIN ORGANIZATION with Sue Stepick, M.Ed Required for Licensure</p>	<p>PORTLAND Area, Location to be determined</p>	<p>Details</p> <p>Email or call Beth for a flyer/ registration form or see www.trainthebrain.biz</p>

WHAT DO YOU NEED? HOW CAN I HELP?

I have been in touch with some of the instructors of the upper level required courses. I would like to bring them to Maine to teach, alleviating the necessity for students to travel out of New England. Some of you have not had previous Brain Gym experience and some of you may need a refresher. Remember, if you repeat any course, you only pay ½ tuition. I will be teaching the 101 basic required course in Ellsworth, ME in Dec and Jan. and in Portland in Feb and March. See the schedule on the website or call or e-mail for flyers. Call with questions about licensure. There is also the possibility of doing teleconference calls with different topics for discussion. Does that appeal? Would you like an All-Day BG course learning all the movements? Please e-mail or call with any and all suggestions.


RESEARCH

Dr. John Ratey, author of [%A Userø Guide to the Brain+](#), wrote [%Exercise is really for the brain, not the body. It affects mood, vitality, alertness, and feelings of well-being+](#). He also wrote [%SPARK . The Revolutionary New Science of Exercise and the Brain+](#) about a school district of 19,000 students. Using a revolutionary fitness program, these students outpaced students from around the world in science and challenged many countries in math. The evidence is incontrovertible: aerobic exercise physically

transforms our brains for peak performance. Brain Gym's specialized exercises, can have an enormous impact on our lives.

Enjoy this wonderful weather and please stay in touch,

Beth

	<p>Using Movement to Integrate the Brain</p> <p>Beth Stoddard – MBA Licensed Brain Gym® Consultant</p> <p>Office: 222 St. John St., Suite 117, Portland, ME Mail: 7 Gable Court, Portland, ME, 04103 Home/Office/Phone/Fax: (207) 761-4625 beth@trainthebrain.biz ~ www.trainthebrain.biz</p>
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