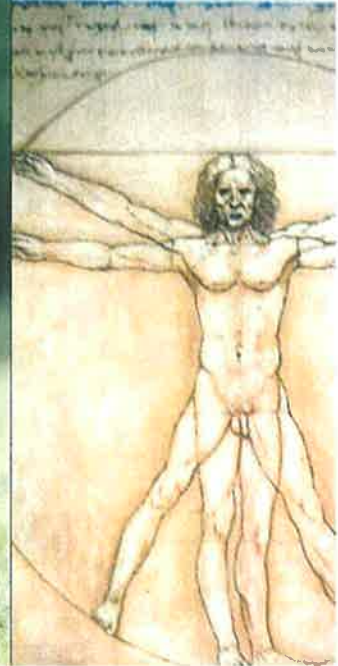


MOVEMENT, MINDFULNESS, THE BODY & VITALITY

November 17, 2010



You do not have to be gaxal
You do not have to walk on your knees
for a hundred miles through the desert, repent
You only have to let the soft animal of your body
love what it loves.
—Marj Oker



Awakening the Brain: bringing awareness to our movements

by Kate Jones

We know that our brain cells start dying at a rapid rate as we approach middle age. But science has now shown that *neurogenesis*, the production of new brain cells, occurs naturally and can be enhanced at any age.

The adult brain retains impressive powers of neuroplasticity -- the ability to change its structure and function in response to experience. For example, even with moderate athletic activity, or regular daily exercise, new brain cells start branching out, sprouting new neurons and establishing new connections with other groups of brain cells. In recent neuroscience research at Harvard Medical School, it was shown that in learning new skills, both with thinking and moving our bodies in new ways could alter the function as well as the structure of our gray matter.

In movement processes such as Moshe Feldenkrais introduced, that educate how we can re-pattern our movements so that we move more efficiently & gracefully, we find the awareness we bring to our movements and bodily sensations create new patterns in our brains. With these new patterns, we experience a renewed sense of aliveness, energy, discovery, excitement, and enjoyment.

I am Kate Jones of **BodyMindMovement**. The services offered by BodyMindMovement optimize the client's ability to restore balances of well being and natural vitality ... even as presenting concerns are addressed directly in movement, bodywork & counseling. This practice supports greater health, vitality, sensuality, flexibility, strength

and creativity throughout the full span of our lives.

Suggested titles:
The Developing Mind, by Dan Segal
The Wise Heart, by Jack Kornfield
"The Wise Heart & The Mindful Brain"
Move Into Life, by Anat Baniel

To learn more about mindfulness in movement & vitality call Kate Jones 415.613.6507

*WHAT'S YOUR VITALITY QUOTIENT?**

On a scale from 1 to 5, rate yourself on each of the following statements, with 5 being always, 3 being occasionally, 1 being never.

1. I jump at opportunities to move, whether it's taking the dog for a walk or taking the stairs instead of the elevator.
2. I have a regular exercise program and participate in it several days a week.
3. From time to time during the day, I pay attention to how I am performing daily actions, whether it's pouring my coffee into a mug or sitting in my favorite chair.
4. I take mini breaks throughout the day to check in with myself and bring my attention to any discomfort I might be feeling in my body.
5. When I feel anger, irritation, or impatience with another person, I pay close attention to the emergence and movement of these feelings.
6. Whenever I encounter mentally challenging situations, I take movement breaks to improve my thinking.
7. Throughout the week, I pay attention to any habits or routines I've established and look for new ways of doing them.

Score Yourself
24-35 points = high
15-23 points = medium
1-14 points = low

Go through the seven statements above and choose the ones on which you scored the lowest. Take some time to think about ways to improve your scores in those areas. The statements themselves will guide you.

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BodyMindMovement ~ *re-dignifying the body as the residence of the soul*

** inspired by Anat Baniel's Move Into Life*

Energy Overcharge

HYPER? OVER-EXCITED? BATTERIES OVER-CHARGED?

When your energy is scrambled, you speak with a scrambled tongue.

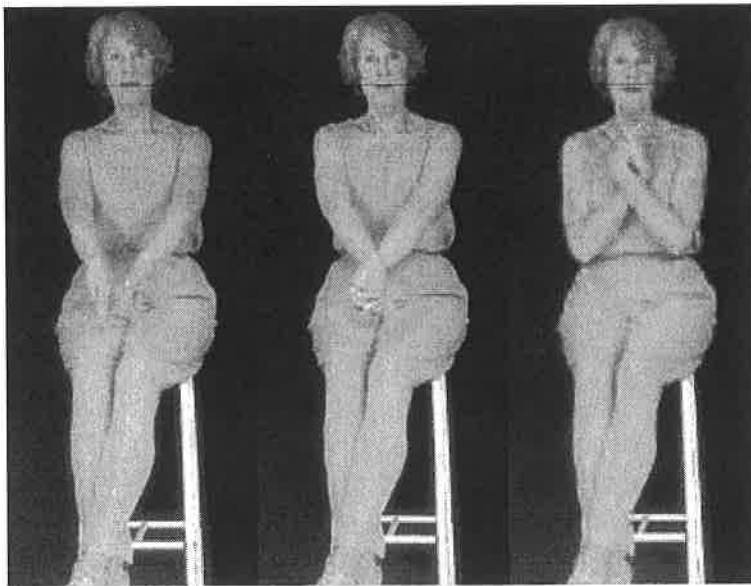
- Donna Eden

OVER-ENERGY CORRECTION a.k.a. "Cook's Hook-up"

1. Cross left ankle over right.
2. Extend both arms in front of you, hands back to back.
3. Cross right hand over left at wrist and clasp fingers together, interlocked.
4. Tuck clasped hands under and up, and rest them comfortably on your chest.
5. Inhale slowly by nose, tongue up in mouth. Exhale by mouth, tongue down.
6. Hold this pose, gently, and continue slow, deep breathing for 1 to 2 minutes.

If an over-energy condition is chronic for you, repeat 10 times daily for 2 months to retrain.

The Over-Energy Correction (Cook's Hookup)



Cook's Hook-up is deeply calming and centering even if you just follow the pictures above and do it quite mechanically. For even more profound calm, you might add an energy-imagery dimension.

The best workout for the brain may be play

By Eric Heiden
TRIBUNE MEDIA SERVICES

The link between learning and exercise is now well established. As kids return to the classroom this fall, and as more parents discover that school recess and P.E. have been cut back or eliminated entirely, families are making exercise an after-school priority that is as important to their kids' success at school as reading and homework.

Substantial research has been done on the effect of exercise on budding intellects. The Journal of School Health published a study in 1997 showing that intense physical activity programs had positive impacts on academic achievement. Even when the activity reduced the amount of time kids had for academics, exercise was found to increase concentration, reduce disruptive behavior and improve test scores in mathematics, reading and writing.

New research reveals that the connection between learning and exercise is not limited to children. In a study published in a recent issue of the journal *Frontiers in Aging Neuroscience*, researchers found that after a year of exercise, adult subjects showed enhanced cognitive skills.

In this study, adult subjects followed an exercise program of moderate walking, stretching or toning for 40 minutes three times a week for one year. Prior to the study, all of the participants had been, as the researchers called them, "professional couch potatoes," each one reporting having done fewer than two 30-minute sessions of physical activity in the previous six months. After just one year of activity, however, the subjects — who ranged in age from 59 to 80 — had improved connectivity of important circuits in their brain and had mitigated declines in their brain function that are typically associated with aging. Furthermore, they showed improved performance on cognitive tasks.

These findings, which prove the link between exercise and improved cognitive function, should not be surprising. A high percentage of your brain is dedicated to coordinating the actions of your muscles. The concept of "aerobics" was born when astronauts doing mental training in the 1960s showed slower response rates the longer the missions ran. Dr. Kenneth Cooper, an Air Force physician, surmised that though the astronauts' tasks were almost entirely mental, their bodies' fatigue due to

lack of fitness was dampening their brain function. To better the astronauts' brains, Cooper prescribed a program that required the astronauts to exercise large muscle groups in a rhythmic fashion — in a word, aerobics.

Since then, a veritable library of research has cataloged the correlation between exercise and cognitive function, including the Maastricht Aging Study, which recognized that among all age groups (from young folks to those 90 and older), those who were more active were faster in tests involving information processing.

Plenty of other animal and human studies have pointed up the relationship between exercise and an increase in neural growth factor (NGF), a protein that sets in motion a domino effect in your brain that culminates with even some neural and brain capillary growth. Other studies have shown that engaging in new forms of activity in midlife and beyond forces the creation of new synapses within the brain. The MacArthur Foundation Study of Successful Aging found that the seniors who were most physically active were the most likely to maintain their mental acuity up to 10 years later.



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