

en français

October News



Photo by Joe Beck on Unsplash

While many of us gathered to celebrate thanksgiving with family and friends, expressing gratitude for the bounty that this time of year brings, many woke up to terrorism, war and conflict. More than ever the world needs prayers for peace, for healing, for wellness. As this season brings so many endings, we are also given opportunities for new beginnings and growth.

These new beginnings are often secretly hiding deep within our hearts, yet safety seduces us into comfort and avoidance of change. When courage is kindled however, something magical happens, a spark appears, and desire and energy motivate action. Even though the destination is not yet clear, we somehow find the confidence to embark on the journey with a sense of curiosity and excitement. The bridge into the unknown. When we play within the 5 step balance structure we

build such bridges. Once we reconnect to our own best rhythm we can open up to explore a new one. Once we set the heart-opening, soul-awakening goal we can allow ourselves to transform the impossible into possibilities. The art of goal setting is often considered to be the magic key of the balance

process. There are 1001 ways to set a goal, to find 'the right' one, the 'perfect' one. This month we are exploring this theme with the internationally beloved and renowned Carol Ann Erickson. Check out the 'Learn' section to find out more.

As our hearts go out with wishes for peace in the Middle East, the Ukraine and other places of conflict, let's continue to build resilience, move to open doors, and make dreams come true, Lisa Marcovici

Brain Gym® Canada Vice President <u>LisaM@braingymcanada.ca</u> rekinexion.com







Connect

Brain Gym[®] Buddies Fall 2023

Simply send a message to Joanne Smyth: mindsinmotion1@gmail.com before

We are continuing on-line pairing of balance buddies for the month of October, inviting Brain Gym® Canada members to balance, play, learn, connect, and grow! Whether you a professional member of Brain Gym® Canada, an associate, an international or a student member; all are welcome and invited to participate.

Friday November 3rd, 2023 so she may complete the pairing up process. I would like a balance with a buddy:

What is your preferred language for your balance? Français English

Looking forward to playing and learning together. Joanne Smyth: <u>mindsinmotion1@gmail.com</u> Brain Gym[®] Buddy Coordinator



Share



Brain Gym[®] Canada Meet-ups - Fall 2023 September 26th, 2023 about a dozen or so BGC members gathered together

for some very lively and enriching exchanges. Goal setting, marketing, technology, manual accessibility, even specific client situations were all explored with varied points of view and suggestions. Professional members shared some of their offerings which are already

mentioned here Movement exploration course, Dana Luebke and Lise Couture mentioned their weekly workshop offerings (See *Grow* section below), just to name a few. How do you incorporate Brain Gym® into your daily life to support your well-being?

available on the BGC calendar, so please refer to it often. Tanya Mouland

Do you have aspects of Brain Gym® that you love to share with family, friends and clients that promote wellness? Please join us for a discussion around how Brain Gym® enhances our well-being. This will be an

Hope to see you on Thursday October 26th, 2023 at 7:00 pm Toronto Time,

opportunity for members to share and learn together!





and 11:00 am in Calgary

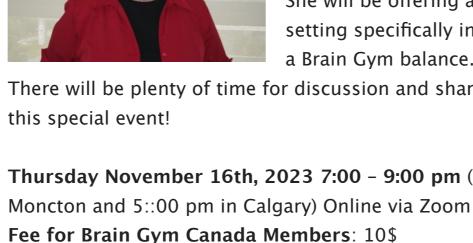
navigate Canva, ask questions about BGC's website and explore the Google Classroom. This is sure to be an Saturday November 25th at 1:00 pm Toronto Time, 2:00 pm in Moncton

2023

Learn







Non-members: 25\$

setting specifically in the 5-step framework of a Brain Gym balance. There will be plenty of time for discussion and sharing so please join us for Thursday November 16th, 2023 7:00 - 9:00 pm (Toronto, 8:00 pm in

goal-setter and International Faculty Member

as well as author of the *Movement Exploration*

She will be offering a presentation on Goal

series of courses and workshops.

transfer to: info@braingymcanada.ca (Zoom link will be provided after registration)

To register send 10\$ (members) or 25\$ (non-members) via paypal or e-

Grow



For more details: infobracadienne.org If you would like your workshop to appear in our next newsletter please send information to info@braingymcanada.ca We are still looking for testimonials from students and clients who have given permission to use them as we are building the new part of the BGC Web site. Also

needed are photos of people doing Brain Gym®, either individuals or groups of different ages, people teaching Brain Gym®. Thank you so much for your encouragement and support!

Brain Gym® Canada website committee website@braingymcanada.ca Dana Luebke, BGC President

Joanne Smyth & Sonya Sommerville BGC Board Members www.braingymcanada.ca

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