



## 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

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## Connect

### Brain Gym® Buddies Fall 2023

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.

Simply send a message to Joanne Smyth: [mindsinmotion1@gmail.com](mailto:mindsinmotion1@gmail.com) before

Friday November 3<sup>rd</sup>, 2023 so she may complete the pairing up process.

I would like a balance with a buddy :  
Yes No  
What is your preferred language for your balance?  
Français English

Looking forward to playing and learning together.

Joanne Smyth : [mindsinmotion1@gmail.com](mailto:mindsinmotion1@gmail.com)

Brain Gym® Buddy Coordinator



## Share



Photo by Headway on Unsplash

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

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 opportunity for members to share and learn together!

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

2:00 pm in Moncton and 5:00pm in Calgary.

As always, no need to sign up, simply use the zoom link below to join us:

<https://us02web.zoom.us/j/82327422029>



informative meet-up!

### Mark you calendars for the November

#### 'TECH' meet-up

November's meet-up will be a tech talk to support members in promoting their business. Please join us to learn how to 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 and 11:00 am in Calgary**

## Learn



### 2023 International Kinesiology Conference

The online International Kinesiology Conference took place from October 14-17, 2023, recordings are still available for purchase, you can get all the details here: <https://lifelonglearning2023.com>



### Goal Setting Workshop

Following up on our rich and varied discussion about goals during the September Meet-Up, we came upon the 'Fingerprintforsuccess' website, which offers wonderful, generalized information about goals setting and its importance. <https://www.fingerprintforsuccess.com/blog/goal-setting>



We invited **Carol Ann Erickson**, a master goal-setter and International Faculty Member as well as author of the *Movement Exploration* series of courses and workshops.

She will be offering a presentation on Goal 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 this special event!

**Thursday November 16th, 2023 7:00 - 9:00 pm** (Toronto, 8:00 pm in Moncton and 5:00 pm in Calgary) Online via Zoom

**Fee for Brain Gym Canada Members:** 10\$

**Non-members:** 25\$

**To register** send 10\$ (members) or 25\$ (non-members) via paypal or e-transfer to: [info@braingymcanada.ca](mailto:info@braingymcanada.ca)

(Zoom link will be provided after registration)

## Grow



### Weekly Workshops

Several weekly workshops are being offered this fall, designed to introduce Brain Gym® to specific audiences. **Dana Luebke's** Brain Body Fitness for seniors for example, or Self-Regulation and Active Learning, beginning October 23rd, 2023. You may contact him directly for more details and registration:

[dana.luebke@sunergos.com](mailto:dana.luebke@sunergos.com)

**Lise Couturier** is offering weekly one-hour sessions to introduce the 26 Brain Gym® activities to a general audience, beginning October 19th, 2023.

For more details: [info@bracadienne.org](mailto:info@bracadienne.org)

If you would like your workshop to appear in our next newsletter please send information to [info@braingymcanada.ca](mailto: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](mailto:website@braingymcanada.ca)

Dana Luebke, BGC President

Joanne Smyth & Sonja Sommerville BGC Board Members

[www.braingymcanada.ca](http://www.braingymcanada.ca)