

February 2024 News



Love is strong and resilient. It springs from the truth of our interconnectedness.

- Sharon Salzberg

February, the month we associate with love... a wonderful teacher here in Quebec Barrie Risman, shared that beautiful Sharon Salzberg quote as well as some musings about interconnectedness. So much of what we do as your devoted board members of Brain Gym® Canada is centered on creating connection, community, a place to share, learn and grow. Again and again you, our wise members, remind us how this is the most important thing we can do.

Barrie writes: "The evolution from seeing ourselves as separate, isolated individuals to realizing our fundamental inter-existence with all of life is the pivotal identity shift that's essential to foster a life-sustaining, just, and peaceful future for generations to come." Isn't love the highest expression of this idea? Isn't love the cohesive force that fosters kindness, compassion, respect and so many other benevolent qualities so urgently needed in our world?

Our annual general Meeting (AGM) coincides with the beginning of the Chinese New Year of the Dragon, a powerful sign appearing within the green wood element, a year of transformation lies ahead. Our partner organization CanBeWell is organizing expansive workshops and activities, and Brain Gym® France has invited us to their festivities this spring near Toulon.

So let's love louder and dance with mountains.

Lisa Marcovici

Brain Gym® Canada Vice-President



Connect

January 27th, Meet-up: Men's Roundtable

Our first Meet-up of the year was an exploration of how to make Brain Gym® more inviting, welcoming, relevant and useful to men. Brain Gym® Canada members were joined by special guests Don Wetsel (Virginia, USA), Pierre Hazera (Bordeaux, France), and Steve Harvey (Glasgow, UK and Calgary), as well as our own David C. Loree (Edmonton) and Dana Luebke (Calgary).

Dana focused the discussion with a story and some questions and points Don had sent ahead of time. The men spoke of how Brain Gym® had impacted their lives and how men have responded to Brain Gym® in their practice. Steve (who is a Rapid Transformation and Mindset Mentor) spoke of how people are interested in solutions to their problems, not the modalities to get there. Discussion by all present followed. Sonya Sommerville created a whiteboard, deftly recording the ideas that emerged on sticky notes.

These ideas proved to be relevant not just to men. They will be a fruitful lens through which to guide our vision/ approach to our website redesign. Our heartfelt thanks to our guests and all the participants. It was a great beginning to 2024!

Dana M. Luebke

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Our next one hour meet-up will be on **Saturday February 24th** at 11am Mountain, 1pm Eastern, 2 pm Atlantic. This will be an opportunity to share information about any new resources you are excited about, or courses you have taken. It will be an informal discussion where we can support, ask questions, and learn from each other.

Saturday February 24th, 2024 at 11am Mountain, 1pm Eastern, 2 pm Atlantic

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

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

Did you know that attending meet ups counts towards re-licensure credits?

Hope to see you there.

Joanne Smyth

www.movingforward1.ca

Share



You are cordially invited to join us Tuesday February 13th, 2024, for our 5th Annual General Meeting! (AGM)

5:00pm Mountain, 7:00pm Eastern, 8:00pm Atlantic

We can hardly believe it ourselves, and yet this AGM marks Brain Gym® Canada's 5th birthday year, 2024 Year of the Dragon in the wood element. Much like the talented and most gifted dragon, Brain Gym® Canada's community continues to grow and strive for excellence. None of this would be possible without every single one of our members. Please join us in the celebration as we co-create an expansive and growing future for Brain Gym® Canada.

Please confirm your attendance: info@braingymcanada.ca



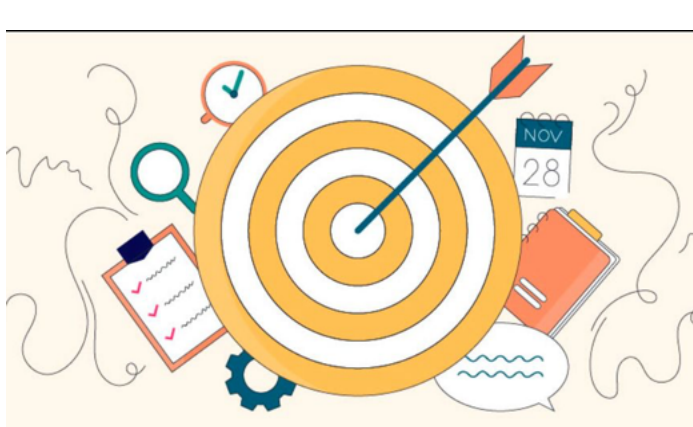
Who is CanBeWell?

<https://www.canbewell.org>

The Canadian Association of BioEnergetic Wellness (CanBeWell) brings together members from across Canada, and around the world. They are the umbrella organization for the many Bioenergetic Wellness disciplines and modalities represented in Canada. They actively encourage the pursuit of well-being and self-care for all, advocating for choices in health and wellness.

Brain Gym Canada is one the partners and will be featured at a special 'Getting to know our partners' event taking place March 12th, 2024. For more details, to register and see other partner presentations: <https://www.canbewell.org/workshops.php>

Learn



The Goal Setting Workshop with Carol Ann Erickson took place Thursday January 18th, 2024. 12 people participated live and another 6 listened to the recording, from all corners of the world, including India and all over Canada.

Carol Ann began by drawing out the specific goal setting musings participants wished to address. Requests for appropriate responses to the ever-present 'I don't know' adolescent response, how to guide 4-6 year olds, how to support parents, addressing issues like addiction whether to drugs or video games, and even how to become our own best client.

The purpose of a goal is to create an intention and then MOVE into action. Carol Ann emphasized the importance of creating a safe space to learn, being patient and creative with the subtle art of shifting fear and helplessness to hope and the building of a resource space for future growth and learning.

Sometimes we are faced with clients' expectations of big changes and may miss little changes that indicate that the system is reorganizing and setting up the learning process. When we support goal setting we are creating the possibility to recognize their strengths and offering opportunity to connect their brilliance to our world.

The informative evening collected 180\$ in attendance fees. Carol Ann requested that Brain Gym® Canada start a special outreach fund reserved for projects where a little extra funding would be supportive. We are so excited and grateful to begin looking for these projects!

The recording is available if you missed the January 18th, 2024 session. Please contact info@braingymcanada.ca for more details.

Please mark your calendars for our **Special Meetup Saturday March 23rd, 2024** where we will celebrate Carol Ann's inspirational contribution to Educational Kinesthetics and we discuss Movement Exploration as she becomes our newest honorary member. (11am Mountain, 1pm Eastern, 2 pm Atlantic)

Grow



Brain Gym France is inviting us to their National Conference (in French) in Toulon, May 18 & 19, 2024.

Stay tuned for more details:

<https://www.facebook.com/BraingymFrance>

Several important dates to note in the latest Breakthroughs International Newsletter:

2024 BTi Online Summit:

Friday 12 JULY, 8:00 PM — 4:00 AM

Pacific

Sunday 14 JULY, 9:00 AM — 6:00 PM

Pacific

Virtual tea: Wednesday February 21st

11:30am Mountain, 1:30pm Eastern,

2:30pm Atlantic

Details & Registration:

<https://mailchi.mp/breakthroughsinternational.org/btisummit>



A Heartfelt Tribute: Robert "Bob" Greenwood

Last month, our own Dana Luebke lost his lifelong partner suddenly and quite unexpectedly. It was a huge shock to Bob and Dana's friends and community. Bob was an energetic, passionate spirit who advocated tirelessly for the arts, education, and justice. He was a consummate storyteller and never ever forgot anyone's birthday!

He designed the Brain Gym Canada logo and has been an avid supporter.

We will remember him... always...

<https://www.dignitymemorial.com/obituaries/calgary-ab/robert-greenwood-11619033>

Several of you wrote to us expressing appreciation for the beautiful painting Robert Greenwood selected to share with Brain Gym Canada for our January Newsletter. You can find out more about this painting and other art by Bob on his website:

<http://www.robertgreenwoodart.ca/>

Painting by Robert Greenwood 'There are forests in the mind'