

About Brain Gym®

Brain Gym is a program of physical movements that enhance learning and performance in ALL areas.

Brain Gym includes 26 easy and enjoyable targeted activities that integrate body and mind to bring about rapid and often dramatic improvements in:

- concentration, memory, reading, writing, organizing, listening, physical coordination, and more.

Brain Gym develops the brain's neural pathways the way nature does – through movement.

Brain Gym began in the 1970's with the work of educators Dr. Paul Dennison and Gail E. Dennison. Originally, the Dennisons were seeking more effective ways to help children and adults who had been identified as "learning disabled." They drew from a large body of research by developmental specialists who had been experimenting with using physical movement to enhance learning ability.

The Dennisons produced an innovative new approach to learning: the Brain Gym activities, and the field known as Educational Kinesiology (Edu-K), "learning through movement."

Today Brain Gym supports people of all abilities in making wide-ranging changes in their lives. Brain Gym is used in more than 80 countries and is taught in thousands of public and private schools worldwide and in corporate, performing arts, and athletic training programs.