

WHAT IS THE BRAINDANCE?

The BrainDance is a very effective body/brain exercise based on eight developmental movement patterns babies move through the first year of life to wire the central nervous system so that the brain can operate at its full potential. This centering exercise prepares all students for learning. The BrainDance can be used with all ages (toddlers to seniors), and in all learning situations.

Moving through these patterns at any age:

- reorganizes the central nervous system
- warms-up and aligns the body
- promotes focus and concentration
- strengthens social and emotional skills
- develops eye-tracking
- relieves stress

HOW DID THE BRAINDANCE DEVELOP?

A baby does a “BrainDance” very naturally in the first twelve months of life if put on a smooth, non-carpeted surface on the tummy. Baby’s first **breath** starts the wires growing from the brain cells. **Tactile** stimulation begins with the first touch of skin on skin and is essential for promoting appropriate behavior and emotional and social intelligence. In the first two months of life the baby will reach into space and curl back into the womb position demonstrating the **core-distal** pattern. At two months, the baby has better head control and will lift and turn the head in both directions continuing the **head-tail** pattern begun at birth. Discovering **upper and lower body halves**, the baby pushes with arms and hands and then with feet and knees. Between five and seven months, the baby reaches with **one side of the body**, moving the left half as one unit and then the right half. Belly crawling at this stage develops **horizontal eye-tracking**. Between seven and nine months, baby pushes up onto hands and knees and begins a **cross-lateral** reach from the upper body. **Vertical eye-tracking** is part of the growth triggered by creeping on hands and knees. The convergence of horizontal and vertical eye-tracking is essential for reading. After the first year, cross-lateral patterns appear in walking, running and eventually skipping. The **vestibular** system begins developing in utero and continues to be very active through the first fifteen months. The vestibular system analyzes movements through the whole body, helps us know where we are in space, and links up to all forms of sensory information.

BrainDance for Neurological Re-patterning:

Patterns missed as a baby due to trauma, illness or environment may cause missing gaps in one’s neurological development. These gaps may cause neurological dysfunction that may appear later as learning disabilities, behavior disorders, memory problems, sleep disorders, speech, balance or filtering problems. Moving through these fundamental patterns daily, children and adults may correct flaws in the perceptual process by re-patterning the central nervous system.

BrainDance for Body Connectivity and Alignment:

The BrainDance patterns, done in orderly progression, help one remember the parts of the visceral and muscular system that supports the body. Each pattern underlies and supports the next pattern. By doing the patterns in succession, one connects and aligns all parts of the body. This leads to wholeness and integration of body and mind.

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