

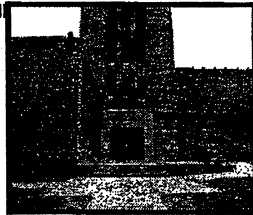
MCKS's Superbrain Yoga: A Tool to Fuel the Brain

Kim Siar
Instructional Coach
Specializing in Brain-Based Learning
Norristown Area School
District

Demographics

Urban School
50% of students academically
53% economically poor
7,000 Students
52% Black
35% White
17% Hispanic

Eisenhower Middle
School Norristown
School District
Pennsylvania

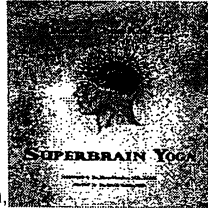


Methods

1. Teenagers average age 13 years old (range 11-15)
2. Superbrain Yoga Exercise in the classroom at least three times a week
3. Evaluation Tool - Academic Standardized Tests
 - 1st Year - Gates-MacGinitie Reading Inventory
 - 2nd Year - PSSA Benchmark Assessment *
 - 3rd Year - PSSA Benchmark Assessment *

* Pennsylvania System School Assessment Practice Test (PSSA)

Superbrain Yoga: A Tool to Fuel the Brain



Author of Superbrain Yoga,
Master Choa Kok Sui, 2005

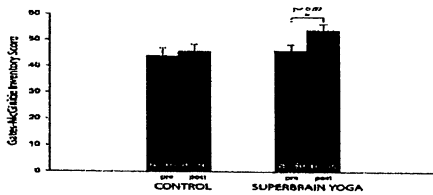
The Exercise.. Super Brain Yoga

SuperBrain Yoga is a simple, effective technique that integrates and balances the brain through activation of certain energy pathways throughout the body.

These energy channels or meridians provide subtle "energy fuel" to energize the brain.

Results

SuperBrain Yoga Study
First Year Results



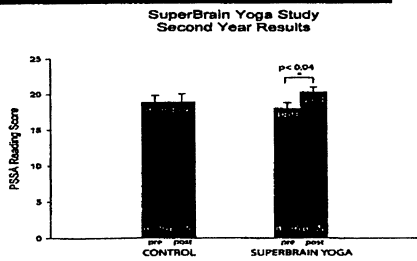
Academic Performance (2003 - 2004)
Gates-MacGinitie Reading Inventory

	Control Group (n = 16)	Superbrain Yoga Group (n = 36)
Average % points Change In Test Scores	14% points	24% points
Moved to Higher Level	12/16	19/36

Academic Performance After SuperBrain Yoga Exercise

- Increased Standardized Test Scores
- Advanced to Higher Performance Levels
- Increased Cognitive Skills
- 6 out students performing Superbrain Yoga inducted into National Junior Honor Society
- 1 student performing Superbrain Yoga qualified as gifted

Results

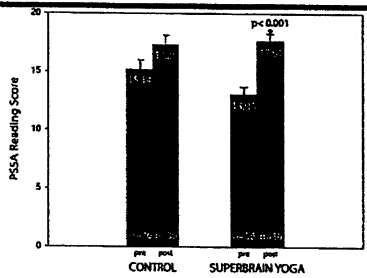


Performance (2005 - 2006)

PSSA Benchmark Assessment

	Control Group (n = 36)	Superbrain Yoga Group (n = 36)
Improved Test Scores	15.1 to 17.3	13.1 to 18
Average % Change in Test Scores	2.2%	4.5%
Moved to Higher Level of Proficiency	12/36	24/36

Results



BEHAVIORAL PERFORMANCE After Super Brain Exercise

- Significant decrease in disruptive behaviors
- Improved emotional control
- Improved socialization skills
- Improved self-esteem and self-confidence
- Increased receptivity in learning and succeeding
- Improved levels of self-awareness and accountability

Case Study 1: Autism After SuperBrain Yoga

- Sleeps through the night
- Expresses emotions by giving hugs and kisses
- Able to sit up to 45 minutes
- Improved social and play skills
- Self-stimulatory behaviors have decreased not only in therapy, but also at home and in school

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Case Study 2

Attention Deficit Hyperactive Disorder (ADHD) and
Pervasive Developmental Disorder (PDD)

- 7 y.o. male - diagnosis of ADHD & PDD
- Extreme self-stimulatory behaviors: *ex-spinning, running, jumping, crashing, hand flapping, echolalia and talking to self*
- Unable to sit for longer than 7-10 minutes without throwing self on floor or engaging in stimulatory behaviors
- Impulsivity, hyperactivity and distractibility affect all aspects of life
- Poor attention and engagement

Case Study:

PDD and ADHD after integrating Superbrain Yoga

- Able to sit for 30-45 minutes with minimal self-stimulatory behaviors
- Able to focus enough to read
- Calmer and more focused
- Engaging in classroom groups without over-stimulation
- Able to walk down the hallway without running, jumping, spinning or crashing
- Echolalia decreased







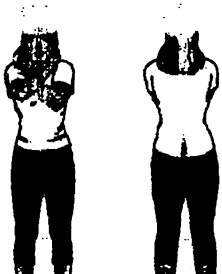
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Master Choa Kok Sui™

SUPERBRAIN YOGA™ PROCEDURE

For Maximum Benefit:

Fast East and connect tongue to roof of mouth.

<p>1.</p>  <p>Stand with your feet shoulder width apart.</p>	<p>2.</p>  <p>Squeeze the right ear lobe with your left thumb and left index finger.</p>	<p>3.</p>  <p>Squeeze the left ear lobe with your right thumb and right index finger.</p>
 <p>The thumb must be on the outside and the index finger must be on the inside when gently squeezing the ear lobe.</p>	<p>4.</p>  <p>The left arm must be inside and the right arm outside. This is the correct arm position.</p>	<p>5.</p>  <p>When squatting down, inhale simultaneously.</p>
<p>6.</p> 	<p>7. Repeat steps 8 and 9, 14 times per session.</p> <p>8. Release your fingers from your ear lobes.</p>	

*"It is only through education and increasing the intelligence of the masses
that we can have WORLD PEACE."*

MCKS

We would like to thank you for participating in the Super Brain Yoga Workshop. Super Brain Yoga is an invaluable tool simplified and clarified by Master Choa Kok Sui, an internationally known teacher and lecturer, who has propagated this exercise throughout the entire world with the desire to improve the intelligence of humanity. Throughout the program you will experience an overview of Master Choa Kok Sui's Super Brain Yoga, the data that supports the success of this program, and the materials you will need to implement this invaluable technique immediately.

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Websites

http://www.aarpmagazine.org/health/your_brain_on_exercise.html

<http://superbrainyoga.us/>

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