

# Creating a Mindful Community by Enhancing Academic Success: Whole Brain and Full Body Techniques with Stephanie Congo



Introduction

What is Energy Medicine

Whole Brain and Fully Body Techniques

Check out all 4 of my Presentations at TAHPERD!

Staff training and teaching available

Questions? Comments?

## **Whole Brain and Full Body Techniques**

Qi Gong Shaking / Bouncing – Improves blood circulation, simple shaking of the body and the extremities can reduce muscle tension and general embodied stress. Clears the system

Silent Meditation – 1 Minute. Focus attention with a quiet pause for reflection and centering

Centering Breath – 1 Minute. Focus awareness on sound, temperature and speed of breath

Opening the Gaits in Hands and Feet – Clears energy channels so that energy can move easily

Super Brain or Whole Brain Squat – Improves your mood, memory and mindset. Reduces anxiety and fear. Increases compassion and academic performance. Holding opposite ears with hands, tongue on roof of mouth, squat low and inhale down and exhale back up, 12-18x

Crossovers – Supports patterns that are necessary for coordination, healing and vitality (DER)

Connecting Right and Left Brains (3 different ways)

- 1) Left shoulder to right hip, Right shoulder to left hip
- 2) Cross crawl (see DER)
- 3) Figure 8 over the eyes, crossing at the bridge of the nose

Schoolyard Hook-up – Crossed arms and crossed legs. Close with hands together, thumbs between eyebrows and breath. Connects front and back brains (DER)

Smoothing Behind the Ears – calms the system, reduces fear and anxiety, releases tension

Wayne Cook Posture – Takes you out of overwhelm mode, focuses your mind, enhances your ability to learn, brings out your best in performance or confrontation. Figure 4 Legs connecting front and back brains (DER)

Crown Pull – Stimulates blood flow to the head, releases mental congestion, strengthens memory, opens the head to higher inspiration (DER)

Squid Breathing – Full body breathing via simple diffusion across your skin

Four Memory Pumps – Improves memory, brings cerebrospinal fluid to the head

Smooth Body Head to Toe – Soothes and calms the system. Clears extraneous clutter. Use hands to smooth from body head to toe, 12” away and smoothing down. Repeat a few times

Palming the Eyes – Calm the ocular nerve and close off this sense for calming and clarity

Triple Warmer Smoothie – Calming movements with long, slow breathing

Hands Under Belly – Brings energies that have accumulated in your head back down into your body, calms an overactive mind, relaxes the body, helps overcome insomnia

Hook-Up – Stabilizes the entire energy system (DER)

Grounding 1 minute Visualization. – Focused breathing on the heart space, belly, seat, feet sitting on the ground, connect to the center of the earth, come back and feel your feet connected to the earth, awareness to your seat, belly and heart

### **References**

YouTube Video: “Donna Eden's Daily Energy Routine [OFFICIAL VERSION]”  
The Daily Energy Routine (DER) provides general energy balancing, helps you feel better instantly, and develops positive habits in your energy system.

### **Questions? Comments? Contact Information**

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