



CanBeWell

Canadian Association of BioEnergetic Wellness

“Navigating the Stress of Back to School”

Get to know our panelists:

Paula Nowak

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Building Stress Capacity Through Intentional Movement

We build our stress capacity & interrupt the stress cycle by intentionally managing our energy and our tension. Participants will have the opportunity to experience an Intentional Movement from the Eden Method® to cultivate balance, regulation & well-being.

Paula is a returning member to CanBeWell who is a Touch for Health® Instructor, Brain Gym® Instructor, Yoga Instructor, Certified Coach and an Eden Method® facilitator. Paula was an educator for 30 years, including 15 years as a school administrator. For over 15 years, Paula has taught integrated movement, mindful relaxation, and yoga to people of all ages. Paula is a speaker, stress strategist, body-mind facilitator & mother of 4 daughters. Paula has a Bachelor of Arts degree from the University of Waterloo, and a Master of Education from the University of Western. She resides near London, Ontario. Paula is the founder of Learning Infinite Possibilities.

Paula will be sharing a follow up video for the public blogpost later in August.

Lisa Marcovici

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Brain Gym® - a brief introduction on Movement Based Learning

Engaging students of all ages to help improve their focus and access to learning through movement is Lisa's goal through Brain Gym. Designed to support learning in any situation, whether it is the classroom, at home, the office or to improve athletic performance, Brain Gym offers relief from those long hours spent in front of a computer screen whether it may be for academics or working from home.

The Brain Gym Activities were first introduced by Dr. Paul E Dennison during the late 1980s in his 15 learning Centers he ran in Southern California.

Their effectiveness and ease of application impressed teachers, therapists and behavioral optometrists who had been seeking ways of supporting their young clientele, mostly school-aged children. Dr Dennison found a direct link between stress levels and decline in cognitive skills, so much so that he devoted his PhD Thesis to the subject.

Lisa is a member of CanBeWell as well as a Founder of Brain Gym Canada which is a Partner Organization with CanBeWell. She teaches in centres across Canada, the US, Japan and Europe, as well as running a private practice. Her goal is to make Movement Based Learning accessible to everyone in a fun and practical way. In 2001 she began to play with the Brain Gym exercises, in her son's kindergarten class to help the group stay calm and focused, reducing the need for constant discipline. Since 2006 she has offered Brain Gym workshops to varied audiences, made up of parent, educators, professionals and therapists. In 2010 she founded REKINECION with the goal of supporting and promoting the Brain Gym community, to ensure its growth for everyone seeking to optimize their skills and access their full potential. Last year, Lisa was involved in the creation of the Brain Gym Canada Association which was warmly welcomed into the CanBeWell wellness community.

Lisa is a contributor to the Public Newsletter for August and you can learn more from her blogpost.

Tanya Levy

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The Stone Exercise: An Introduction to Intention-Centered Learning

Working with adults and children, Tanya created the Stone Exercise so students would have a tangible way to know she believed in them. "I am passionate about the individual healing and learning journey and believe all learning is sacred. I believe stones are allies and can be used to balance our energy field and support our learning intentions and goals."

Tanya is a member of the Atlantic Therapeutic Touch Network which is a Partner organization for CanBeWell. Along with being a Therapeutic Touch Facilitator, she also has studied Touch for Health, Raising BioEnergetic Awareness and Qi YINtegration. She is a counsellor, an educator, a writer, a poet, and a digital artist. Her healing photos bring messages of hope. She also makes individualized healing photos, healing meditations and jewelry. She has worked in the human services field for 30 years. She is passionate and a strong advocate for the healing power of everyone's own unique learning journey. Her writing can be found in the "365 book series" created by Jodi Chapman and Dan Teck.

Tanya is a part of the blogposts for the Member Newsletter for August.

Natascha Polomski

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Centering and Grounding for Calm and Focus

When we are involved in something that brings tension, anxiety or fear into us, we can be pulled from our roots. That is, we may have tight breathing in the upper chest, we may tense our muscles, and we may move into a fight or flight mode of thinking that is a call to action. By changing our focus into the breath and into ourselves we can calm this instinctive action to flee. This simple exercise can be used by all family members to find peace and calm and create new possibilities for thinking and acting with clarity.

Part of the Leadership Team for CanBeWell, and the Vice President of the Board, Natascha is a BioEnergetic Wellness Facilitator and a Therapeutic Touch® Teacher with our partner organization the Atlantic Therapeutic Touch Network. Natascha co-created and co-authored the course Therapeutic Touch® for Families, as well as the new courses for Raising BioEnergetic Awareness. She founded the Regional ATTN Branch in Port Hawkesbury in 2010 and has been instrumental in spreading her love for TT in any way she can. Natascha is also trained in Touch for Health and is currently working on the release of her special program with the Therapeutic Singing Bowls – a part of her MSc Thesis project at Akamai University.

Natascha can be found on our Facebook page sharing her story of how she found BioEnergetic Wellness techniques and CanBeWell.