



Long Bio for Child Programs

By 1996, both my children were diagnosed with severe autism, ADHD, Sensory Disorder, and more. One doctor even said to put my second son in an institution and move on with my life. This was obviously unacceptable, and I knew in my heart I could find a solution. This is where my journey began...

It took me several years to discover some powerful new techniques that were scientifically proven to promote brain development. They literally changed my life!

Because my children were so severe, I could not just tell them to do the exercises. I had to do the exercises with them. I was overcome with joy and disbelief as I watch my children calm down and change from day to day. It was truly an answered prayer for me.

What I didn't expect was how doing these exercises myself directly affected my own anxiety and other brain related challenges I had. What I noticed was, as I did the exercises I had more of a sense of calm within myself. My anxiety levels dropped dramatically, reading became easier, and my reading comprehension skyrocketed!

I never knew that I was working much harder than I needed to. For me, reading was hard, and regulating my emotions was hard, but I thought that was just normal. I didn't know that my brain had deficiencies, and that when corrected it would make my life so much easier!

I was so impressed with the results I saw in myself and my children that I decided to get certified to teach these exercises. Then I started working with children and adults to help them overcome their challenges too.

Since I began my journey, I have worked with thousands of people to help them develop their brain naturally so they can overcome anxiety, overwhelm, distractibility, foggy thinking, procrastination and much more. What I found was that movements change the brain, which allow us to have more functions, and having more functions allow us to have greater ease in life.