

Why does balancing the body and mind help you learn?

We want a learning place where we can invite our whole self—our mind, body, emotions and spirit—into learning. When we walk into a room where we are learning with only our mind, we feel like we have to leave our body outside the door. It doesn't make sense, yet many of us try to learn using only a small part of ourself:

- We think that only “head” work counts as “real” school learning.
- We learned that school and other places where we try to learn can be scary.
- We have practiced taking our mind away so that we do not have to feel our fear.
- We learned that listening to our body and our intuition is not safe.

When we stop tuning into our bodies, we lose full connection to ourselves. We can

- Feel out of balance
- Experience stress and anxiety
- Feel depressed
- Be easily distracted
- Feel scattered in our thinking
- Have trouble focussing.

Would you play a one string guitar?...Most of us have been trained by our schooling to play one string..our rational mind.

Virginia R. Griffin

To order the book, *Move the Body Stretch the Mind*, follow the link to www.windsoundlearning.ca