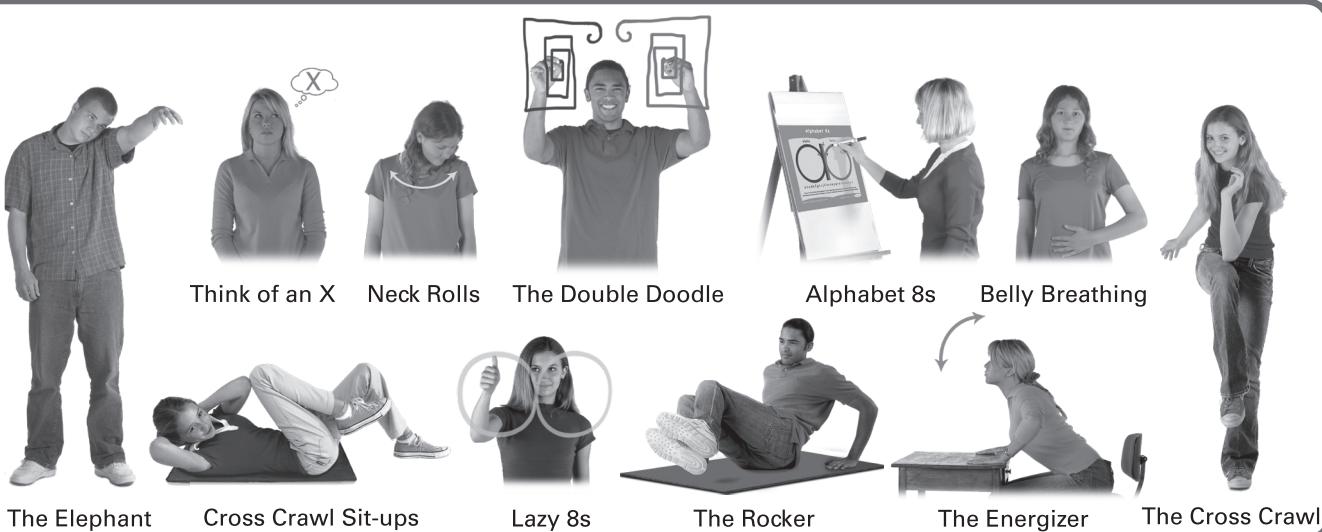


# The Brain Gym 26

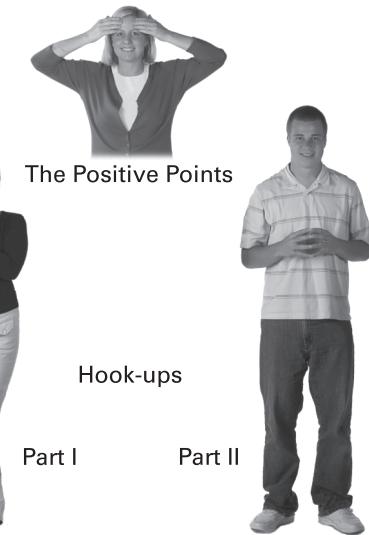
**The Midline Movements**



**The Energy Exercises**



**Deepening Attitudes**



**The Lengthening Activities**

