



Heidi Nyland's Suggested Reading & Resources:

The Whole Rider: Integrative movements to help master any riding goal

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Nyland started riding Ponies of the Americas at age 5 at Smiley R Ranch with Janet Hedman and the W. E. Richardson family. In college, she was president and later assistant coach of the Ohio Wesleyan University Equestrian Team, coached by champion trainer Terry Myers. Keeping active as a rider and riding instructor, Nyland began studying Brain Gym®—an international program based on whole brain and active learning. As a 4-H advisor, she started using the simple movements to help horseback riding students relax and achieve their goals in the saddle. Nyland became a registered instructor with the North American Riding for the Handicapped Association (NARHA®) —helping to combine horse knowledge and therapeutic experience with horsemanship training. She also works with fellow riding instructors —by presenting classes—to teach how reflexes, Rhythmic Movement and integrative movement techniques can help with any rider. Nyland has presented demos at Equine Affaire and at the National Youth Horse Council Annual Conference. Nyland taught at the Colorado Therapeutic Riding Center in Longmont, Colorado. She now produces the popular RFD-TV show, *Horse Master with Julie Goodnight* and works with Goodnight as she teaches horse owners around the country.

Smart Moves: Why Learning Is Not All in Your Head

Carla Hannaford: How is the body involved in learning from infancy right through adulthood? Physical activity is crucial. A neuroscientist explains why and gives simple physical exercises that can increase anyone's learning power immediately. It explores brain development, neurological effects of TV, nutrition, stress, and causes of the growing plague of learning disabilities.

The Dominance Factor

Carla Hannaford: Explores an area that has long intrigued scientists and educators: the linkages between the side of the body we favor for seeing, hearing, touching, and moving and the way we think, learn, play, and relate to others. Your Dominance Profile is actually a key factor in shaping the way you think and act. Carla Hannaford shows why, and reveals how knowing your Profile will help you, and your children, to learn in the way that suits you best, and perform at your highest level. The Dominance Factor clearly explains methods for discovering your Profile that are so simple, non-invasive and easy to learn that even a child can do them.

Hands on: How to Use Brain Gym in the Classroom

Isabel Cohen & Marcelle Goldsmith: Written by teachers for teachers this book gives the classroom teacher practical, visual, step-by-step ideas on how to implement movement. Children easily learn the movement and enjoy doing them as they feel the benefits. The book contains a large number of photos of children demonstrating the Brain Gym movements making them clear and instructive and inspirational.

Energy Medicine: Balancing Your Body's Energies...

Donna Eden: Energy Medicine is the science and the art of optimizing your energies to help your body and mind function at their best.