

Testimonial by Kim Siar
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Brain Based Learning Facilitator
“Results Once Again Show Superbrain Yoga
Works Without Fail,
2nd Superbrain Yoga Study”

In the following school year 2004-2005, the study on the Superbrain Yoga was again implemented into the classroom instruction. The Superbrain Yoga was performed with twenty-nine (29) middle school students for four months, with more effort to do the Superbrain Yoga on a daily basis.

The results once again demonstrated an increase in academic performance as well as an improvement in behaviors. In this study, sixteen of the twenty-two students with measurable test scores demonstrated an increase in standardized test scores. The improvement in the students' behaviors was yet again the most dramatic effect of this study. Before, a number of the students were diagnosed with disorders, ranging from attention deficit disorder/attention deficit hyperactivity disorder, obsessive compulsive disorder, and manic depression to post traumatic syndrome. These particular students could not finish an assignment before the study, and the student experiencing post traumatic syndrome could not finish a complete day of school without having to leave due to involuntary tremors that would cause her entire body to shake uncontrollably. These behaviors ceased during the study. *The students succeeded both academically and behaviorally by the end of the year, with a deep appreciation for the inner shift that they had experienced during that school year.*

As a result of the improvements made by the students and as facilitator of this study, I was recently awarded Outstanding Teacher of the Year for the Montgomery County in Pennsylvania, in efforts to increase the results and further improve the district's success with students. I was transferred from the classroom to a specialist position, in a school twice the size and currently experiencing a greater degree of academic and behavioral problems. This new position of brain based learning facilitator is the perfect role to further continue the implementation of the Superbrain Yoga with struggling teenagers.

I have been a teacher for fifteen years; no tool has had the same effects in my classroom as the Superbrain Yoga. It is with deep gratitude to the work of Grand Master Choa Kok Sui, who introduced to the public the Superbrain Yoga, that more and more adolescents have the opportunity to move through a typically tumultuous time with such a transformational tool. Before the Superbrain Yoga, I helped students grow; now I can help students help themselves.

(Signed) Kim Siar
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