

DENALI GYMNASTICS AND FITNESS INC.

300 KALLI CIRCLE WASILLA ALASKA 99654 907-373-3547

To whom it may concern,

It's been a week since Kathy Poelker was here and the staff is still talking with excitement about her presentation. While many workshops put forth what we should do in abundance they can often lack in the why department. Unless we have a real sense of purpose, a good why we do what we do, the next new thing that comes along can replace many of the most valuable practices. There are some timeless exercises that Kathy presents that reach to the core of human development. While Kathy demonstrates these can be accomplished in many different ways she builds the value, the why into her teaching. Understanding brain development and the windows of opportunity we as educators have with our young students are critical to our performance. Our workshop with Kathy helped identify the "process of patterning" which is the key to our intelligence. Developing neurological pathways with her sensory motor exercises enhances the learning experience. These pathways allow our students to begin to see relationships in their environment. Languages, math, and science, which are foundational to communication and logic, can be taught through these patterns. Kathy simplifies and presents this knowledge in a complete package that provides teachers the tools they need to have the most significant impact on their students in the shortest amount of time. It was very obvious to the observer that Kathy loves and is passionate about her work and gives herself fully and completely to the "process of patterning". I believe her teaching will affect this and many generations as we apply these lessons in the classroom.

With great gratitude,
Lynn Reynolds
Owner/President