



Tracy Alloway: Movement and Memory



Dr. Tracy Alloway is an award-winning psychologist, professor, author and Tedx speaker. She has published 13 books and over 100 scientific articles on the brain and memory. Dr. Alloway is in the process of working on a memory APP which will launch soon - “*The AWA*” which will work on increasing memory in a fun way. Get ready to explore and find out how barefoot running and natural movement can be good for your brain, your wellbeing and for living an embodied life.

TOP EMBODIMENT TIP: Take your shoes off and have a fun run!

The Brains Conductor: A Busy Job

- What is working memory? Can you improve its efficiency? Who is this conductor? What part of your brain works the hardest when using working memory? Discover how working memory keeps questions in mind and prioritizes data. Learn how many tasks the working memory can perform.

Superpower: Supertasker

- Explore memory’s superpowers in children with ADHD, Dyslexia, Anxiety, and Autism. Are you a super tasker? Is attention related to working memory? Can working memory be a predictor of academic success? Learn the difference between a **spotlight brain** and a **floodlight brain**. Does environmental change have an effect on working memory? Is social media changing our brain?

Movement: Working Memory

- What part of your brain is used in learning movement? What do patterns have to do with working memory? Barefoot vs. shoes. Discover the three things that lead to an improvement of the working memory. What is cognitive engagement? Navigate the effect of blood flow to the brain and learn what effect it has on improving working memory. Does evolution have an impact? Explore the maintenance effect. Breakdown proprioceptive awareness. Find out what activities encourage proprioceptive awareness. Dive into static vs. dynamic movement. Learn what 10 minutes of activity can do for your working memory a day.

Research: Health

- Explore backward digit recall testing. Can you train your brain? Is movement linked to creativity? Explore the effects that movement, yoga and seated learning have on working memory. Do some sports improve working memory more than others? Uncover research on working memory in developmental coordination disorder. Discover how diet, sleep and nutrition play a large role in your working memory. Could learning be the fountain of youth? Find out about coloring. Can visualization have an impact on working memory? Discover the secret beyond essential oils, flavonoids and repetition. Can working memory be improved at any age?

Resources

- ❖ **Books:** [The Working Memory Advantage : Train Your Brain to Function Stronger, Smarter, Faster](#)
- ❖ **Website:** tracyalloway.com



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Gil Hedley, Ph.D., is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

Integral Anatomy is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

To study further with Gil, go to www.gilhedley.com and join the site. You will automatically receive **3 free full-length video courses** that will deeply impact your embodiment practice.

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