



Dr. Hanna Poikonen: The Brain Intertwined: Cognition, Emotion, and Movement



Dr. Hanna Poikonen is the creator of WiseMotion, a series of masterclasses that uses guided improvisation, neuroscience, and group conversation to improve embodied cognition, self-awareness, and collective science. Find out how simple movements can illuminate the dynamic relationship between body and mind.

TOP EMBODIMENT TIP: The Healthy Brain is Dynamic

A New Way of Looking at the Brain: A dynamic relationship with the body.

- Traditionally, we have considered each brain component separately from the others and separately from the rest of the body, but it's really a dynamic relationship.
- Dr. Poikonen demonstrates through two exercises how various regions of the brain interact in relation to movement.

The Power of Movement:

- Participants join Dr. Poikonen in a simple guided movement exercise and **learn how even an easy movement routine involves many parts of the brain**, including the brain stem, the somatosensory cortex, the basal ganglia, and the limbic system.
- Participants also join Dr. Poikonen in **a more complex series of movements that activate the brain differently** by posing cognitive challenges. It demonstrates the involvement of the motor cortex, cerebellum, the prefrontal cortex, and the mirror neuron system.

Balanced Brain-based Training:

- Any brain-based training program can be adjusted to your goals, from rehabilitation from injury or illness to honing expert skills.
- An optimal program will address different regions of the brain and different aspects of movement.
- **Results include improved attention, memory, mood, sleep, pain control, stress control, and even slower aging.**

Resources

- ❖ **Courses:** WiseMotion Online Course <http://wisemotionco.com/2020/03/01/globalinteractive/>
- ❖ **Website:** <http://wisemotionco.com/>
- ❖ **Email:** hanna@widemotionco.com



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Forests Without Frontiers is a non-profit CIC dedicated to planting trees and reforesting degraded landscapes with support from a network of artists and musicians, as well as businesses and individuals working to become carbon-positive.

The initiative was founded by Nicoleta Carpineanu (aka Nico de Transylvania), a Romanian, UK-based DJ/Producer who grew up in the forests of Transylvania. We began our first key project in Romania in April 2019 and in our first year planted over 25,000 trees. We reforest land that has been clear-cut, where natural reforestation would not occur. We only plant native, biodiverse species, grown locally and cared for until maturity in legally protected areas, adjacent to existing natural forests. Our aim is to plant one million trees in the Carpathians and beyond by 2025.

OUR MISSION is to preserve our forests and the people and wildlife they nurture, and to promote connection with nature through music, art, and culture.

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