# THE CROSS CRAWL
CROSS OVER SHOULDER PULL

(from Paul & Gail Dennison, *Brain Gym AND* Donna Eden –
www.learnenergymedicine.com)

Purpose: To unscramble and rebalance the system, to improve coordination and left-right hemispheric communication, increase clarity and ability to focus.

Use when:

- Feeling confused, 'scrambled,' dis-organized
- Having difficulty focusing, out of balance
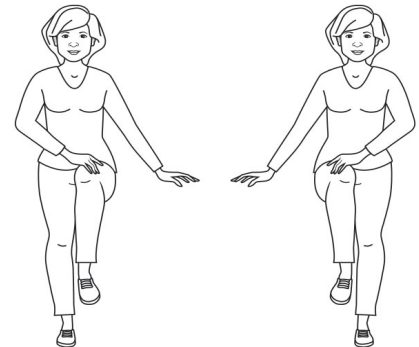- Too many things going on at once
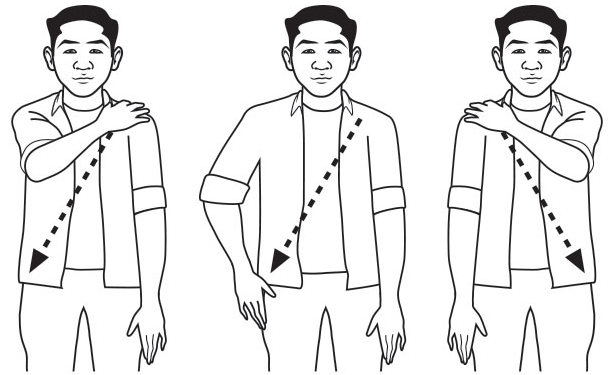
Common experiences:

- Better coordination
- Feeling more connected and 'together'
- Feeling confident, able to handle things

Steps: <u>CROSS OVER SHOULDER PULL</u>

1. Put your right hand on top of left shoulder, draw your hand down and across your body to your right hip
2. Put your left hand on top of right shoulder, draw your hand down and across your body to your left hip
3. Repeat for at least one minute, breathing through your nose and out your mouth.
4. Optional to have someone do this on your back while you do it on your front.

Steps: <u>CROSS CRAWL</u>

1. From a standing position, begin marching in place, lifting the knees high.
2. While marching, tap the outside of the right knee with the left hand, and the outside of the left knee with the right hand, alternating from one side to the other. This can be done from a sitting position as well.
3. Add in humming a tune, counting, and humming a tune
4. Repeat for at least one minute, breathing in through your nose and out through your mouth.

Follow along with the video: https://youtu.be/df1H61GOkdQ