

## Cross Crawl

**A cross crawl movement is made when we move opposite arm and leg together i.e. walking. This exercise integrates the energy flow between the right and left brain hemispheres, thus providing many benefits.**

These include:

- Improved concentration
- Enhanced learning
- Increased lymph flow
- Increased body awareness
- Increased circulation
- Clearer thinking
- Better co-ordination
- Helps with dyslexic and dyspraxia tendencies
- Reduces stress
- Increases vitality and general wellbeing

These exercises can be performed standing, sitting, on all fours or lying down. They are suitable for all age groups and abilities and should be adapted accordingly. Perform daily or when you feel the need.

Cross-crawling to up-beat music is energising and fun, or alternatively, slow it right down to calm the system and focus in on your body.

But above all enjoy!

