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Relax to Focus Movement Series©

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Relax to Focus Movement Series© Standing Version

Breath: 3 breaths (deep into belly)

Sensory Wake-Up: Squeeze squeeze squeeze each arm and then give a quick rub-down to each of your legs Repeat 3x's

Whole body coordination: Expand and shrink – grow as large as you can; create a tiny shape

Torso and Head organization: Spinal wiggle – loosen up the joints of the spine by shaking and wriggling or slow spinal roll down – end with the head relaxed on knees, hanging down or eyes closed. Slowly roll up.

Upper Bilateral Symmetry & Lower Bilateral Symmetry: Symmetrical organizing – bring the body and focus to our midline

> Put both hands on the floor and do mini- pushups; keep the weight equal in both arms; consciously push up with the legs to come to standing

Right – left organizing:

> Stand on one leg for 10 – 60 seconds – pick a focus point straight ahead. Repeat on other leg

Cross-lateral coordination (opposition):

> Crossing the midline – as if marching in place but have the elbow reach to the opposite knee; alternate rhythmically.

Relax to Focus Movement Series© Seated Version (on the floor or in a chair)

3 breaths

Arms and thighs – quick invigorating squeezes

Expand and shrink with upper body

Head rolls down - rest on knees

Place hands on floor or on stable chair behind hips and lift hips up – keep weight even

Shift balance from right to left balancing on each side for as long as possible

Alternate between left knee and right elbow reaching together and right knee and left elbow reaching toward each other

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