



FREAA

FINDING RECOVERY & EMPOWERMENT FROM ABUSE

Cross Crawl technique

FROM PAUL & GAIL DENNISON & BRAIN GYM



WHEN TO USE IT

- Feeling worse after exercising, not better
- Feeling physically or mentally exhausted for no reason, or unmotivated
- Unbalanced from carrying uneven loads (children, purses, bags, etc.)
- Struggling with being clumsy, running into things, or uncoordinated
- Having just been startled, traumatized
- Thinking is muddled, chaotic, disorganized
- Before studying, focusing, testing when there's a need for clarity & focus

COMMON RESULTS

- Ability to think more clearly
- Improved coordination
- Reduced or even eliminates symptoms of dyslexia and learning disabilities
- Assists energy to cross over from one side to the other, giving each hemisphere information it needs from the other side
- Feel more energized

STEPS

- From a standing position, begin marching in place, raising the knees high
- Tap the outside of the left knee with the right hand, and then the outside of the right knee with the left hand, alternating left-right-left-right etc.
- Repeat for at least one minute.