

InV_ision



Fly to the Moon exercise to integrate the Tonic Labyrinthine Reflex

Takes 3 minutes

May help with:

- Poor posture
- Weak muscle tone
- Visual problems with refocusing near to far and far to near
- Spatial problems (bumping into furniture)
- Poor sequencing and organization skills
- Poor sense of time

1. Set metronome to 60 BPM
2. Lift chest off the floor, resting body on elbows.
3. Pick left arm up and pull back until hand is at chest to count of 4, then slowly push it away from body to count 4. Watch thumb the entire time.
4. Slowly bring thumb back to side to a count of 4, then go back to start for a count of 4.
5. Keep hips firmly placed on the floor/mat.
6. Repeat with right arm. This is one cycle.
7. Repeat cycle 2 more times.

* If back becomes tired, rest with chest down or in “Child Pose” (Yoga position).

*All primitive reflex exercises should be done for 30 days continuously.