

InV_ision



Slow Angels to integrate the Spinal Galant Reflex

3 minutes

May help with:

Bladder control

Poor concentration

Poor short term memory

Sensory integration problems

Auditory processing difficulties

Near focusing problems

Difficulty with reading

1. Lie on back with legs closed and hands at the side.
2. Very slowly (to a count of 30) do the movements of a snow angel, by bringing the arms up and opening the legs as wide as possible. Keep arms on the floor as much as possible.
3. Now, to a count of 30, close the legs and bring the arms back to sides. This is one cycle
4. Repeat cycle 2 more times.

Tip: Every 15 seconds, take a second to readjust the arms and legs. This is a difficult exercise because the arms move over twice as fast as the legs.