

INTEGRATING THE BRAIN HEMISPHERES THROUGH MOVEMENT

RIGHT BRAIN to understand and experience the world

- Sees the world as a whole
- Lives in the present
- Prefers new and unique experiences, events, ideas
- Looks at similarities, relationships between things
- Simultaneous thinking
- Flow and movement
- Sports (flow and rhythm)
- Art (image, emotion, flow)
- Music (passion, rhythm, image)



LEFT BRAIN to manipulate the world

- Sees the world as many pieces
- Strings the moments into past, present and future
- Prefers familiar and known
- Likes to abstract and generalize
- Sequential thinking
- Technique, tendency toward fixity
- Sports (technique, trajectory of movement)
- Art (media, tool use, how to)
- Music (notes, beat, tempo)

CONTROLS THE LEFT SIDE OF THE BODY



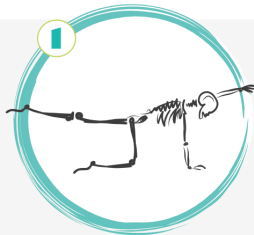
CONTROLS THE RIGHT SIDE OF THE BODY

- Right and left hemispheres approach the same tasks from different angles.
- We tend to favor one hemisphere or the other on certain tasks.
- Hemispheric dominance shifts back and forth throughout the day.

We need to integrate the function of both hemispheres to learn better, to understand better and become proficient at anything.

INTEGRATING THE HEMISPHERES THROUGH MOVEMENT

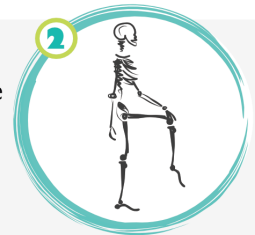
1



Cross-lateral movement

Both sides of the body work at the same time completing alternating patterns of movement. Both hemispheres are activated in a balanced way and cognitive function is heightened.

2



Crossing the midline movement

One side of the body crosses over to the other side by moving across the center-line. It builds neural pathways in the brain; the more times we do this, the stronger these connections become.

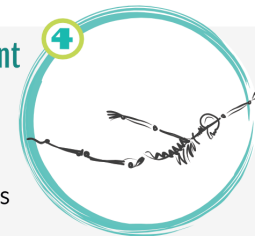
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Mismatched movement

Tricks like “pat the head and rub the tummy at the same time”. Here the left hemisphere controls arm trajectory, and the right one regulates arm’s position in space. They have to work together.

4

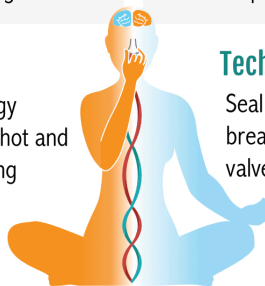


“Defying expectations” movement

Familiar movement with a different twist to it. The left brain is better with familiar movements, but the right brain is better with new things; combining the two makes the hemispheres cooperate.

Alternate nostril breathing (Nadi Shodhana)

The purpose of this technique is to purify the nadis (energy channels) and facilitate better balance between the right (hot and active) and the left (cool and calm) sides of the body. Doing alternate nostril breathing helps balance out the activity of the two hemispheres by affecting the nasal cycle.



Technique

Seal the right nostril completely and the left one partially and breathe in through the left nostril. Then seal the left nostril, valve the right one and breathe out through the right nostril. Then inhale through the right and exhale through the left. Repeat for at least 6 cycles.