



# Shoulder Pull and Cross Crawl

Helps with: nourishing meridians & brain, immune boost.

## Shoulder Pull



1. Take one hand to the opposite shoulder. Dig your fingers into the back of the muscle there (trapezius).



2. Pull forwards with pressure, over the top of the shoulder and bring your hand towards the opposite hip. Repeat on the other side. Do this as many times as you like, then shake or brush energy off the hands.

## Cross Crawl



1. March gently in place, whilst tapping the opposite hand to the opposite knee. If you find this mentally difficult, then you need it. If touching your knees is a challenge, go as close as is enjoyable / comfortable.



2. This is something you can play with when going walking or dancing around the kitchen or garden. It's great with kids. I encourage you to invent variations such as front to back or side to side.

## Sources and Further Information

These are part of Donna Eden's DER and serve an important function. The energies in our bodies are meant to cross from right to left and back again for balance between the right brain and left brain. When they are not crossing, our energies run in straight lines which is tiring - Nature's cue to rest. When we have ignored these cues, this exercise can set us right.