

Concentration and creative thinking through crossover

Handout

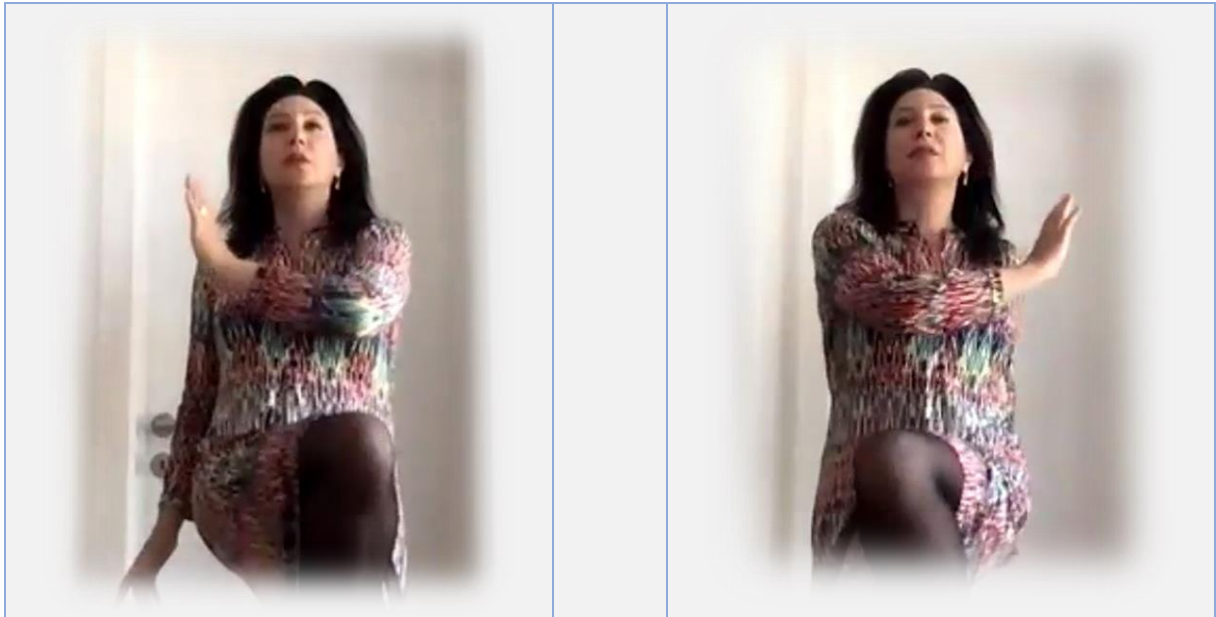


image 1: Kristiane Kaiser, opera singer

In this exercise you alternately lift one leg and at the same time bring the elbow of the opposite arm close to the knee. Then you alternate. If this is done fluidly, rhythmically and without effort, then we can cross the body centre line well. Through this exercise, stress-related blockages can be released and removed. The ability to concentrate is increased and this exercise promotes creative thinking.