

Brain Hemisphere Connection Exercise

This exercise is documented to balance the right and left hemispheres of the brain.

1. Cross your arms in front of you
2. Grasp the right ear lobe with the left hand
3. Grasp the left ear lobe with the right hand
3. While continuing to hold these acupressure points, squat down and then stand up
4. Breathe in as you go down and exhale as you come up
5. Continue for 5 minutes

Behavior, math, reading, learning, focus, behavior all have been reported to improve greatly if this exercise is done consistently every day. Contact us at www.brainadvance.org, 866-81-BRAIN, or brainadvance@gmail.com with questions or comments.