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Infinity walk

(Developed by Dr. Deborah Sunbeck)

What is the Infinity Walk?

It is a whole body/brain activity that profoundly impacts sensory, motor, perceptual, emotional, cognitive and social performance when done for 10 minutes daily, 5 times a week. You walk in the form of a lazy 8/figure 8; this provides a model for a continuous flow of clockwise and counter-clockwise movement of the body through space, requiring simultaneous rotation/counter rotation of the shoulder and pelvic girdle.

Why is it important/why should a person do it?

Infinity Walk integrates the neurological system (the left and right brain). It develops communication between the primitive brain (brainstem), emotional brain (limbic system) and the thinking brain (cortex). By doing Infinity Walk the beta, alpha and theta brain waves increase. Beta waves are responsible for organized thought, verbal & written language, cognitive processes and productivity. Alpha waves are responsible for creativity/play, inner vision, all sensory memories and objective problem solving. Theta waves are responsible for deep emotional feelings/passion and insight.

The benefits of Infinity Walk

- Improves bilateral integration
- Improves balance



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- Regulates the nervous system
- Improves reading and spelling (*sparks renewed attention of both hemispheres and primes the brain for higher cognitive skills*)
- Improves visual perceptual skills
- Improves concentration
- Energizes a person
- Lowers stress levels
- Corrects imbalances in bilateral muscles and movement, thus improving movement
- Improves self-confidence
- Exercises the body
- Reduces muscular pain
- Leads to proper breathing, drainage of toxins and better health

How to do Infinity Walk

It must be done for 5 – 10 minutes 5 times a week

- Place 2 objects that are lower than knee level (boxes, small chairs, pillows, etc.), 60cm – 90cm apart depending on the age of the child.
- Have a focus point at a 90 degree angle with the 2 objects.
- Start with your back to the focus point and start walking in a figure 8 around the objects, **keeping your eyes constantly on the focus point by turning your head not your body**
- Walk at a comfortable pace, don't run or fool around



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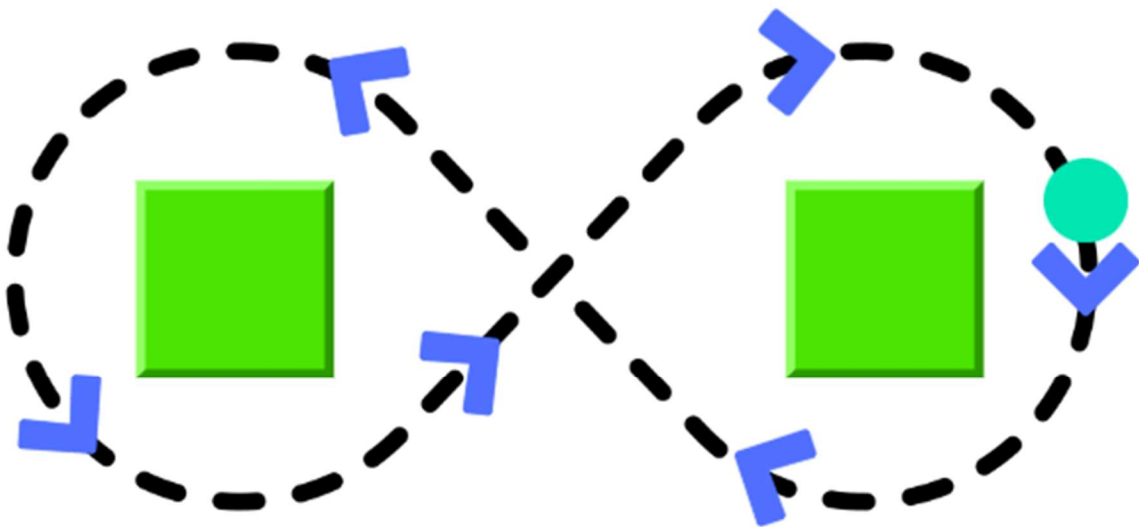


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