

LEARN BY DOING

STOP AND TRY THIS
EXERCISE
BEFORE MOVING FORWARD
TO THE NEXT LESSON.



MOVEMENT BREAK - BALANCE SENSORY SYSTEMS

1

Visual System

- Try a balance pose while moving only your eyes around the room. Does your balance change?
- Now try closing your eyes.

2

Somatosensory System

- Hold a laser pointer and point it to a target, now close your eyes and move your arm/laser up/down and then try to return laser pointer to target? (Were you accurate with your eyes closed?) Try it with elbow extended, bent, large vs small movements back to the target.

3

Vestibular System

- Stand on an incline (toes up) close your eyes and move your head up/down. Does your balance change?
- Try to do a lunge standing on foam eyes closed with head turned to the left and then right.