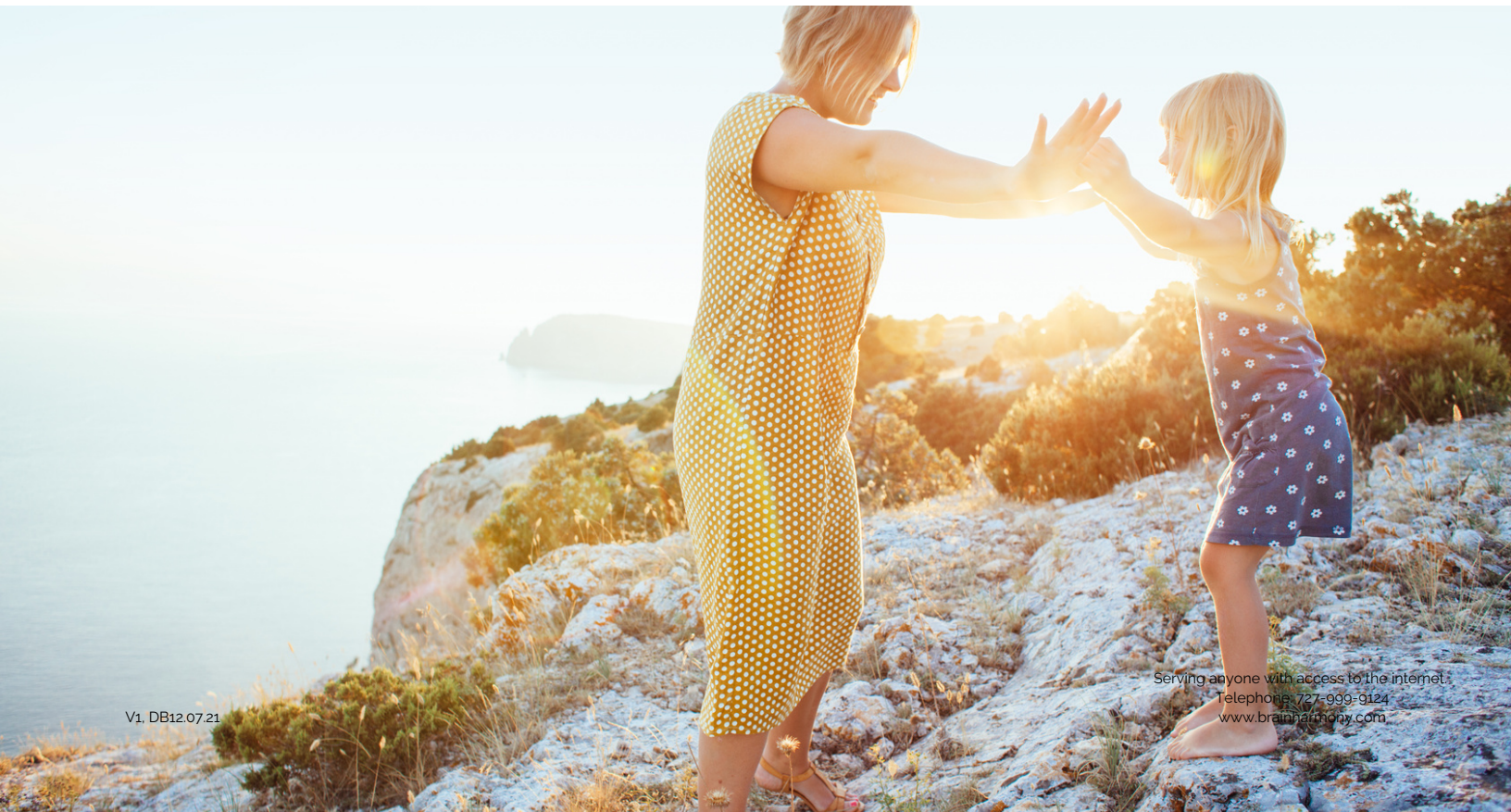




Moro Reflex Integration Series

Start by watching this video for background information on integrating the Moro Reflex using the Duck and Pigeon Exercises, the first part of the Moro Reflex Integration Series

The following exercises in this series are meant to be performed in sequential order, beginning with Level 1, until the series is complete (Level 6), and all the skills are mastered.



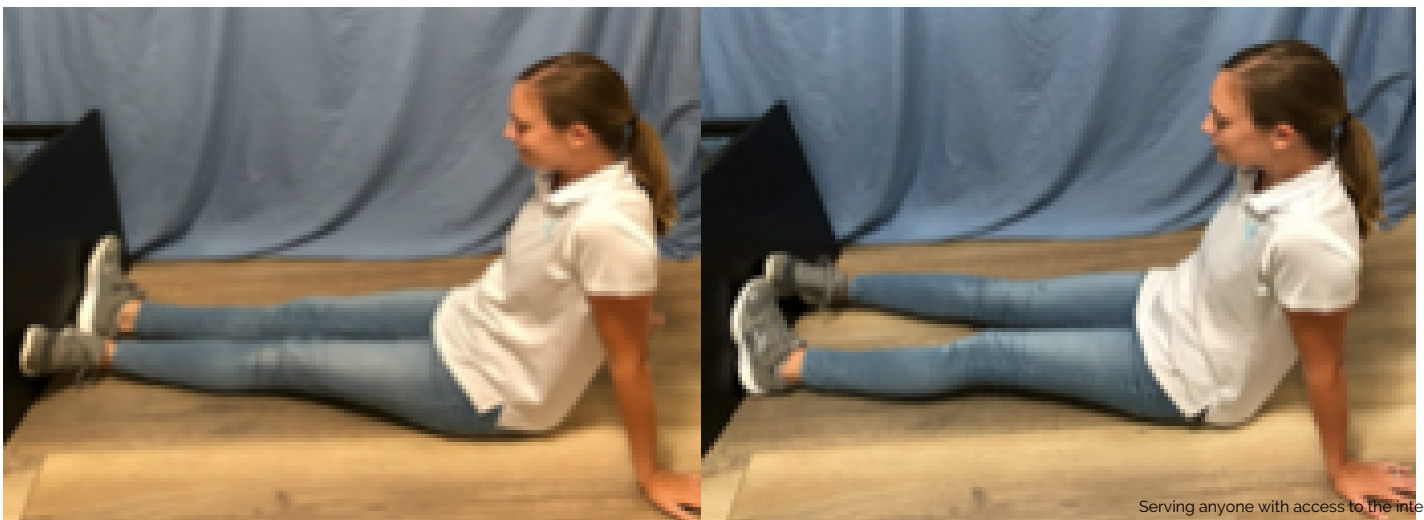


Level 1: Duck and Pigeon, in Sitting

You may skip this exercise and go directly to 'Duck and Pigeon Walk with Stick' if you are able to complete this exercise smoothly. If the 'Duck and Pigeon Walk with Stick' exercise is too challenging, you may wish to begin your Moro reflex integration with this exercise. It is often helpful to have a partner sit beside you to do the exercises together. Attempt to perform these exercises as smoothly as possible before moving on to the 'Duck and Pigeon Walk with Stick' exercises.

Duck Position: Feet with toes pointing out and arms bent with thumbs pointing in.

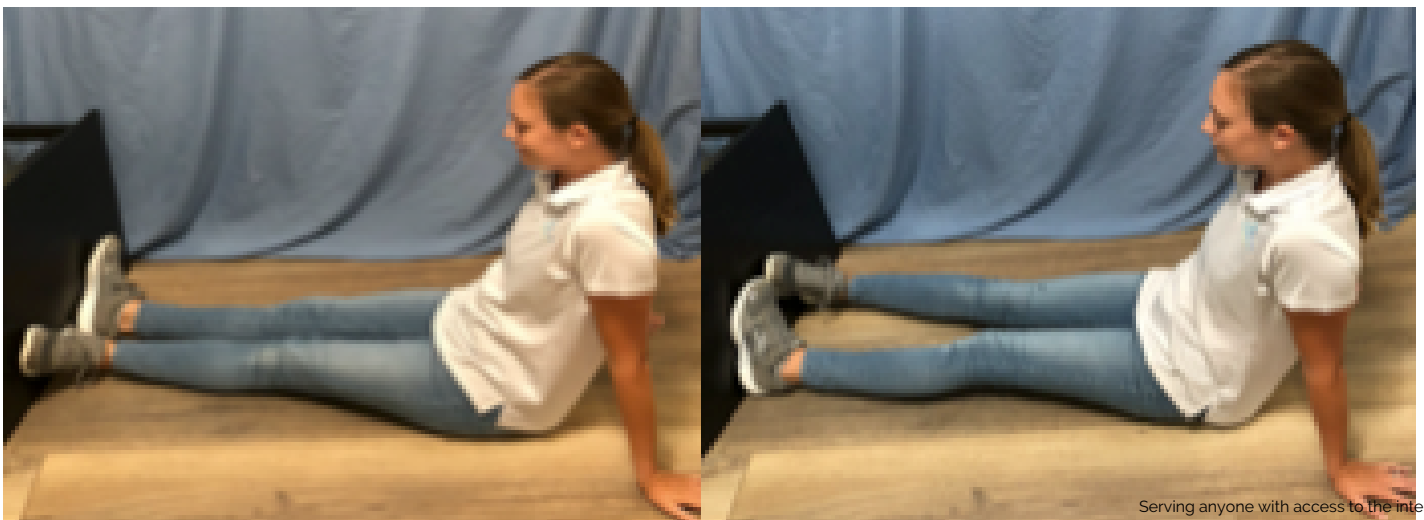
Pigeon Position: Feet with toes pointing in and arms bent, palms facing upward, with thumbs pointing out.





Level 1: Duck and Pigeon, in Sitting

1. Sit on the floor with your feet against the wall.
2. With your palms flat on the floor next to you, move only your feet in and out of the duck and pigeon stances.
3. When Step 1 is mastered, practice the hand movements by themselves with your feet pressed against the wall and motionless.
4. Combine the feet and hand movements together.





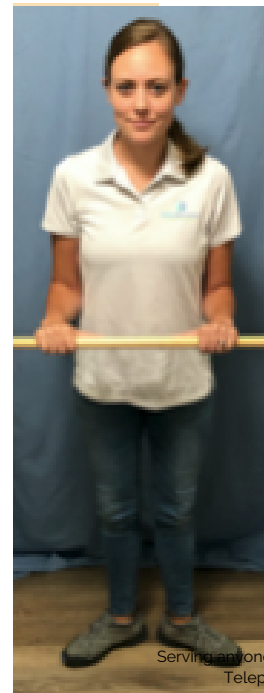
Level 2: Duck and Pigeon Walk with Stick

After you have mastered Level 1: Duck and Pigeon, in Sitting, complete the following exercise 4 times daily for 2 weeks to help integrate the Moro reflex. When mastered, you will be able to walk forward and backward easily in both the Duck and Pigeon positions while the stick remains level and steady with no jarring movement. While completing this exercise, you should have no upper body sway, no curled toes, good balance, and a relaxed face.

Duck Position: Feet with toes pointing out and arms bent with thumbs pointing in.

Pigeon Position: Feet with toes pointing in and arms bent, palms facing upward, with thumbs pointing out.

Stand in the Duck Position while holding a stick in both hands. Your thumbs should be pointing inward and placed toward the middle of the stick.

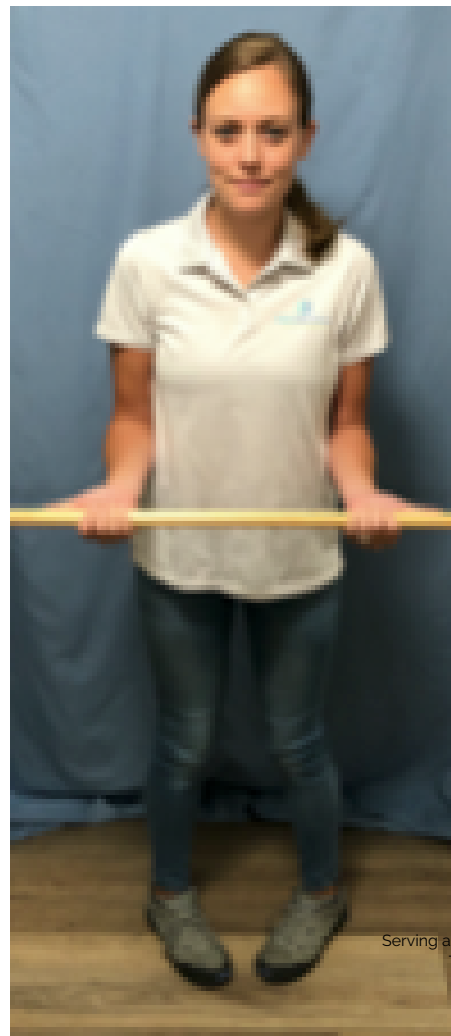




1. Walk forward 15 feet with your hands in the same inward position on the stick and your feet maintaining the outward Duck Position.
2. Walk backward 15 feet with hands in the same inward position on the stick and your feet maintaining the outward Duck Position.
3. Stand in the Pigeon position while holding the stick with both hands. Your thumbs should be pointing outward on the ends of the stick.

4. Walk forward 15 feet with your hands in the same outward position on the stick and your feet maintaining the inward Pigeon Position.

5. Walk backward 15 feet with your hands in the same outward position on the stick and your feet maintaining the inward Pigeon Position.





Level 3: Duck and Pigeon Walk with Markers

After mastering Level 2: Duck and Pigeon Walk with Stick, complete the following exercise 4 times daily for 2 weeks to help integrate the Moro reflex. When mastered, you will be able to walk forward and backward easily in both the Duck and Pigeon positions while maintaining level and steady hands. While completing this exercise, you should have no upper body sway, no curled toes, good balance, and a relaxed face.

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Duck Position: Feet with toes pointing out and arms bent with thumbs pointing in.

Pigeon Position: Feet with toes pointing in and arms bent, palms facing upward, with thumbs pointing out.



1. Stand in the Duck Position while holding a marker in both hands. Your thumbs should be pointing inward.
2. Walk forward 15 feet with your hands in the same inward position on the marker and your feet maintaining the outward Duck Position. Your hands maintain a level position.
3. Walk backward 15 feet with hands in the same inward position on the marker and your feet maintaining the outward Duck Position. Your hands should maintain a level position



4. Stand in the Pigeon position while holding the marker with both hands. Your thumbs should be pointing outward on the marker.
5. Walk forward 15 feet with your hands in the same outward position on the marker and your feet maintaining the inward Pigeon Position. Your hands should maintain a level position
6. Walk backward 15 feet with your hands in the same outward position on the marker and your feet maintaining the inward Pigeon Position. Your hands should maintain a level position.



Level 4: Duck and Pigeon Walk without Markers

After mastering the Level 3: Duck and Pigeon Walk with Markers exercise, complete the following exercise 4 times daily for 2 weeks to help integrate the Moro reflex. When mastered, you will be able to walk forward and backward easily in both the Duck and Pigeon positions while maintaining level and steady hands. You should have no upper body sway, no curled toes, good balance, and a relaxed face.

Duck Position: Feet with toes pointing out and arms bent with thumbs pointing in.

Pigeon Position: Feet with toes pointing in and arms bent, palms facing upward, with thumbs pointing out.

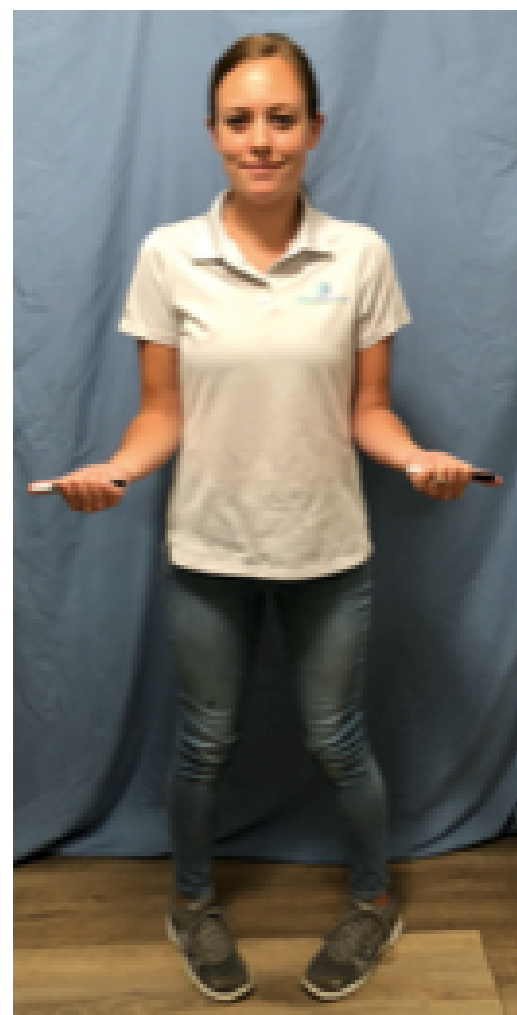


1) Stand in the Duck Position and position hands with both thumbs pointing inward as though you are holding a marker.

2. Walk forward 15 feet with your hands in the same inward position and your feet maintaining the outward Duck Position. Your hands should maintain a level position.

3. Stand in the Pigeon position as though you are holding the marker with both hands. Your thumbs should be pointing outward.

4. Walk forward 15 feet with your hands in the same outward position and your feet maintaining the inward Pigeon Position. Your hands should maintain a level position.





Level 5: Prayer Pose

After completing all Duck and Pigeon exercises (Levels 1-4), complete the following exercise 3 times daily for 4 weeks to help integrate the Moro reflex. The goal of this exercise is to coordinate the movements of different parts of the body with the breath. Be sure to breathe according to the instructions, moving your body in a synchronized and controlled manner.

If this activity is too challenging initially, try practicing holding and releasing your breath according to the directions below, without the body movement. When this is mastered, attempt the exercise as written.

(Continued on next page)...

1. Lie on floor on back with your knees and feet together and flat on the floor, arms out to sides in a T position. Your feet should be as close to the buttocks as possible.



2. Press your palms together over the ribcage with fingers pointed toward the ceiling.



3. Inhale through nose as you bring your stomach and hips upward and off the ground, forming bridge position. Hold your breath as long as possible; your face should turn red.

2. Quickly and forcefully exhale through your mouth, making a loud “whoosh” sound, as you simultaneously push your hands up toward the ceiling and then outward to the floor, back to a T position.

3. Slowly lower body back to floor as you continue exhaling quickly, back to starting the position.



Level 6: Star Fish

After mastering all Duck and Pigeon and Prayer Pose exercises (Levels 1-5), complete 3 cycles of the following exercise daily for 6 weeks to help integrate the Moro reflex. Be sure that your arms, legs, and head are moving together in a controlled manner. The movements should be performed accurately with the correct arm and leg up. The limbs and head need to move inward and outward at the same time, and breathing must be coordinated.

If this exercise is too challenging initially, try just tucking in and coming back out slowly. Add the breathing as you are able.

(Continued on next page)...





1. Lie back on a chair, beanbag, or on the floor with a pillow under your shoulder blades.
2. Tilt your head back, placing your arms up and out, palms open, legs wide in a loose and relaxed manner. Breathe in. (This is the Starfish position.)
3. While breathing out to the count of 5, bring your arms and legs in and crossed, right over left, and tuck your chin to your chest. Hold your breath for 5 seconds while maintaining this fetal position.



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4. While breathing in to the count of 5, return to the Starfish position, slowly bringing your arms, legs, and head back out in an upward and outward motion. This movement should be slow, fluid, and relaxed as if looking at a slow motion film of a flower opening out of a bud. Hold this position for 5 seconds.

5. While breathing out to the count of 5, bring arms and legs in and crossed, left over right, and tuck your chin to your chest. Hold your breath for 5 seconds while maintaining this fetal position.

6. Repeat Step 4

7. Repeat Steps 3-6, two more times.



Moro Reflex Integration Exercises with a Partner

Do this exercise with a partner 3-5 times per week to help integrate the Moro reflex. Lie on your back on a comfortable surface, and have your partner follow the directions below.

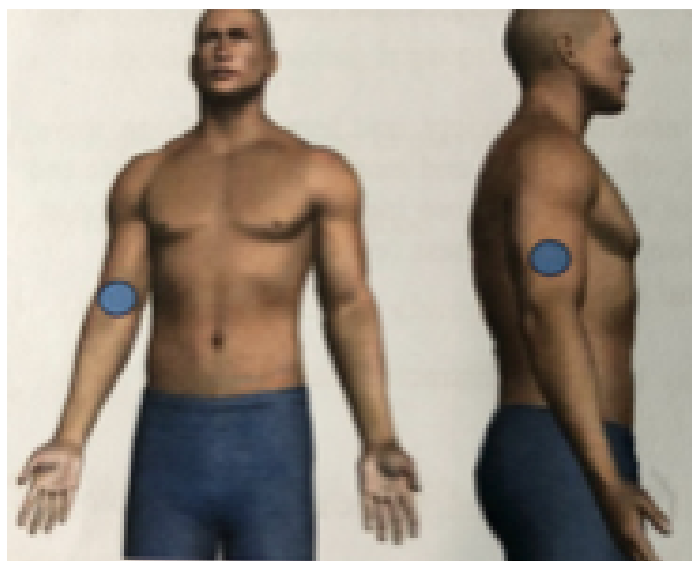
1. Have your partner bring their opposite knee and elbow together as close to touching as possible.
2. Place your hands gently in your partner's elbow and knee joints, and push the elbow and knee together. Hold for 7 seconds.
3. Next, place your hands gently on your partner's elbow and knee, and pull the elbow and knee apart. Hold for 7 seconds.
4. Repeat with the other elbow and knee.
5. Repeat Steps 1-4, 3-7 times.
6. Repeat Steps 1-5, this time asking your partner to resist with 25% of their strength while exhaling.





Moro Reflex Manual Integration Exercise

1. Locate the point at the inner elbow as pictured.
2. Locate the point 2-3 inches above the elbow on the outer arm (1-2 inches for children).
3. Making a "C" shape with your hand, place your fingers on the inner elbow point and your thumb on the outer arm point. With flat, even pressure to massage these points in a circular-motion simultaneously for 2-3 minutes.
4. After massaging, lightly tap the points with your hand simultaneously, 8-10 times.
5. Repeat on the other arm.





Moro Reflex Manual Integration Exercise

1. Locate the point just below the knee cap.
2. Locate the point at the knee joint (back of leg).
3. Making a "C" shape with your hand, use flat, even pressure to massage these points in a circular-motion simultaneously for 2-3 minutes.
4. After massaging, lightly tap the points with your hand simultaneously, 8-10 times.
5. Repeat on the other leg.

