



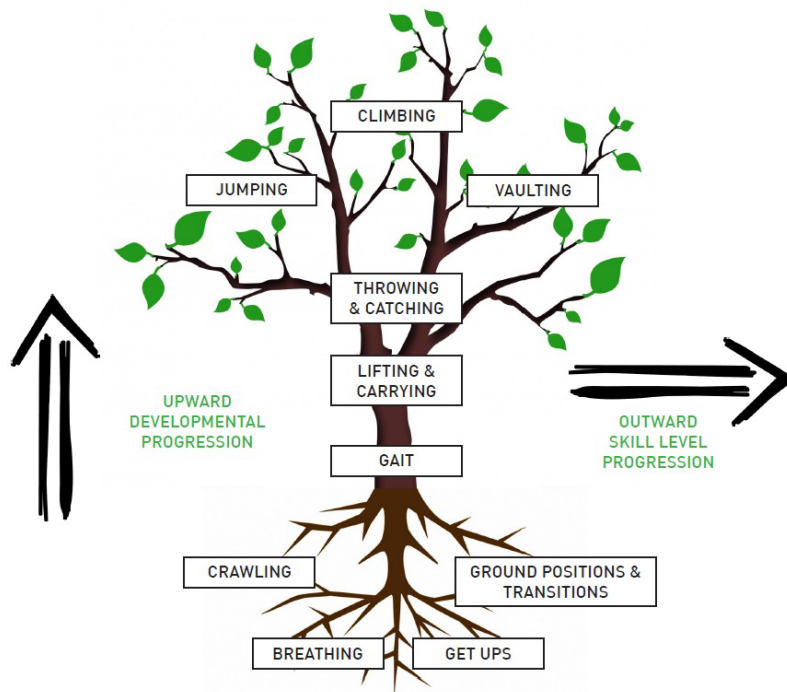
ELEMENTS WORKSHOP

1 DAY INTRODUCTION TO
NATURAL MOVEMENT®

WHAT IS MOVNAT



MOVEMENT DOMAINS AND PRINCIPLES

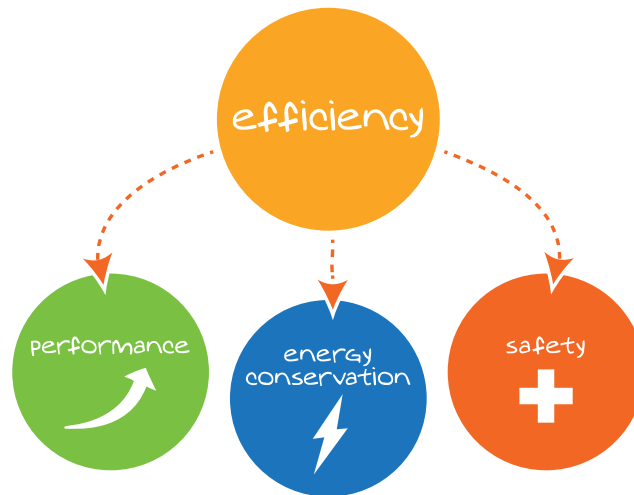


TECHNIQUE & EFFICIENCY

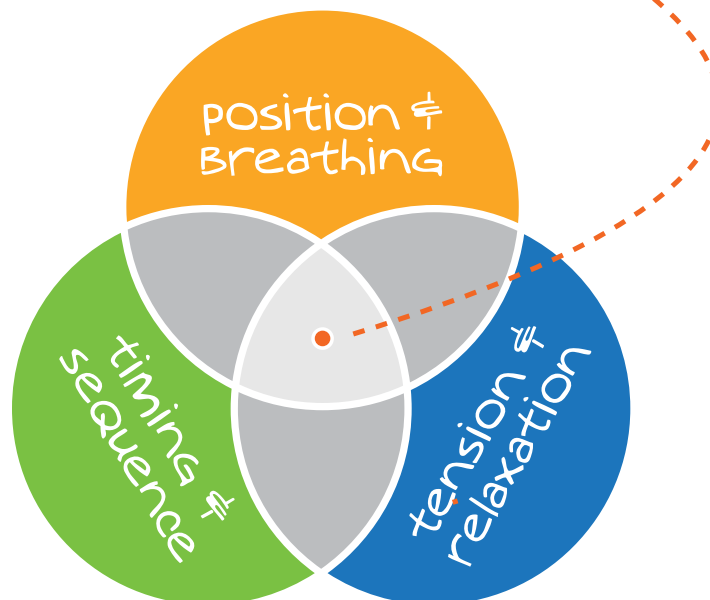


Efficiency Outcomes

results in highest performance, lowest metabolic cost and greater safety



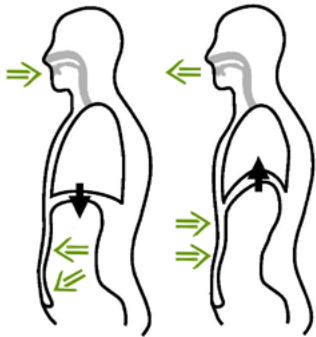
Formation of Technique



ELEMENTAL MOVEMENT SKILLS



BREATHING



INHALE
Diaphragm extends outward and down.

EXHALE
Diaphragm moves inward and up.

GROUND



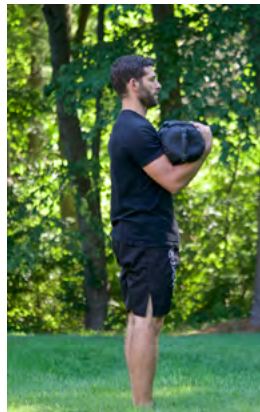
CRAWLING



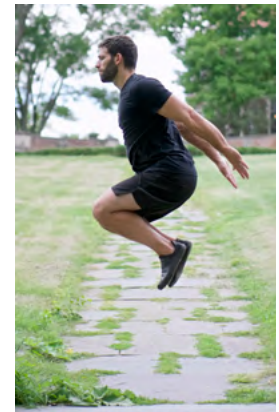
GAIT (WALKING / BALANCING)



LIFTING & CARRYING



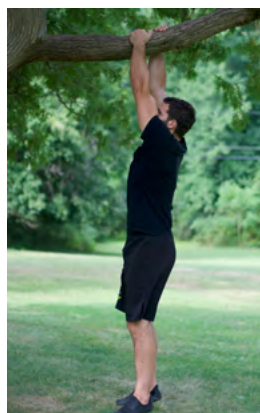
JUMPING



THROWING & CATCHING



CLIMBING



VAULTING

