



Katarina Halm's
Thinking in Movement Studio

~ A Community for Study & Practice ~

Are we missing the bigger picture? Insights from zebras, economics and the present moment



Josef DellaGrotte Introduces **The Movement Improvement Multiplier Method**
using the *Five Rings Approach* for Neuro-Somatic Reprogramming *

Friday, January 20, 2023, at 2pm Pacific * 45 min

[REGISTRATION](#) ~ ~ [TIME LINK](#)

ATM© and FI© expanded and viewed through neuro-based *body movement pathways* of:

Functional movement patterns as they relate to gravity;

Myofascial movement with hands-on tissue tracking;

Synchronized breathing with directional hands-on movement;

Sensory-emotive feeling states as they shift from neuro-dissonance into neuro-somatic 'resonance' (the flow-zone); and

Somatic equanimity for our optimum psycho-biological state (aka polyvagal theory).

** The brain and central nervous system are now known to map and program new learning much quicker when movement awareness, hands-on sensory feedback, and feeling states are simultaneously connected.*

The key is in the kind of lesson/exercises that connect directly to both the 'necessary' and 'desired' movements of one's life.

The program's purpose is to retrain and improve the brain-body connection so we move efficiently, safely and confidently. Only then are we able to 'do what we want' and access 'somatic equanimity.'

The Program/Course is called '**Masterful Moves**', a post training primarily for practitioners (not excluding selected qualified students & clients with personal learning and appropriate preparation), conducted by Josef and CMITI,LLC.

"If you cannot participate in this experiential INTRO, you can find full information on the 'MasterfulMoves' upcoming online seminar in February: www.coremovementintegration.com

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