Spiraldynamik is a movement and therapy concept based on functional anatomy. It is well established in Europe, with 5000 trained professionals sharing over 30 years experience. Spiraldynamik is the ultimate user's guide to the body. Once grasped, it works in every aspect of your life. Both personal and professional - as well as in therapy.

The spiral is the fundamental building block of nature. It is found everywhere - in galaxies, the DNA and in the human body. Spirals are flexible, stable and space saving. A complex 3D movement can be explained according to the 'Spiral Principle' and easily understood.

Like a sculptor, we shape our bodies throughout our entire life. But instead of using a hammer and chisel, we do so through movement.

Dr. Christian Larsen, Co-founder of Spiraldynamik

Spiraldynamik – a breakthrough in movement science

The ultimate user’s guide to the body

An introduction to Spiraldynamik®

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The Basic Med & Move course is the Spiraldynamik® basic training for people who have completed a professional education in the field of medicine, therapy or movement science. We welcome physiotherapists, other allied health professionals and Pilates, yoga, dance and fitness instructors.

This course will explore the relationship between anatomy and movement potential, in theory and practice. You will be taught a comprehensive approach to human movement coordination and learn to recognise and classify individual posture and movement habits.

**COURSE TOPICS**

- The ABC of anatomically intelligent movement
- 3D movement analysis
- 3D mobilisation and bodywork
- Application of the principles to training, therapy and everyday life
- Personal growth and development

For more information visit www.spiraldynamik.usa or contact: akademie@spiraldynamik.com

*Attend on all dates to complete the four modules of the Basic Med & Move course.*
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