



Spiraldynamik
intelligent movement

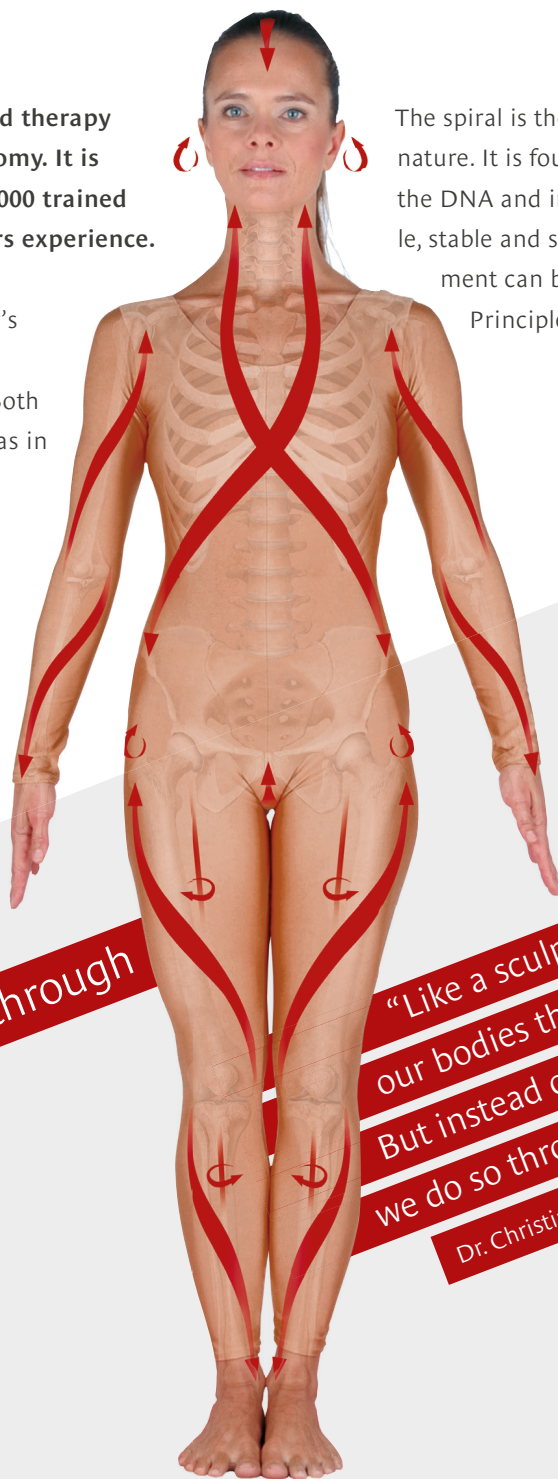
The ultimate user's guide
to the body

An introduction to Spiraldynamik®

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.



**Spiraldynamik® – a breakthrough
in movement science**

**“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®

Info

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

DATES October 14th - October 18th 2019
April 29th - May 3rd 2020
October 14th - October 18th 2020

from 9am - 5pm

LED BY Shonach Mirk Robles
and Monica Fischer Straub

PLACE Joe Goode Annex
401 Alabama St,
San Francisco,
CA 94110

COST \$ 3100

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.

Basic Med & Move course:
Spiraldynamik® basic training for professionals





For more information & registration
please visit www.spiraldynamik.us

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