

A man in a grey t-shirt and dark shorts stands on the left, looking down at a woman. The woman, wearing a red hoodie and black pants, is kneeling on the right. She is holding a long, white, textured fabric strip that is draped over the man's right leg. She appears to be demonstrating or assisting with a movement. The background is plain white.

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®



Introductory workshop: The principles of Spiraldynamik®

Led by: Monica Fischer Straub, physiotherapist, Ortho-Bionomy Pract., Slings Myofascial Training and Paulo Kadow, Pilates instructor, movement therapist. This workshop is aimed at all movement practitioners/ teachers, physiotherapist and massage therapists.

WORKSHOP TOPICS

- ▶ The ABC of anatomically intelligent movement
- ▶ Application of the Spiral Principle in everyday life
- ▶ Use of Spiraldynamik® in other disciplines – e.g. Pilates, yoga, dance
- ▶ Medical applications – e.g. lower back pain, scoliosis, hallux valgus

Info

DATES 30/09/2018 | 12am - 4pm
Led by Monica Fischer Straub

01/12/2018 | 10am - 2pm
Led by Paulo Kadow

23/03/2019 | 2pm - 6pm
Led by Paulo Kadow

08/06/2019 | 12am - 4pm
Led by Paulo Kadow

PLACE London Rehearsal Space,
Studio 1 - 4th floor
Templeton House
33-34 Chiswell Street
London EC1Y 4SF

COST £ 75

*Attend one of these workshops as a stand alone event,
or before the Spiraldynamik® Basic Med & Move course.*

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 26/09/2019 - 29/09/2019
06/02/2020 - 09/02/2020
14/05/2020 - 17/05/2020
24/09/2020 - 27/09/2020

Thursday to Sunday from 9am - 5pm

LED BY Monica Fischer Straub and Paulo Kadow

PLACE London Rehearsal Space,
Studio 1 - 4th floor
Templeton House
33-34 Chiswell Street
London EC1Y 4SF

COST £ 2500

For more information visit www.spiraldynamik.co.uk
or contact Paulo Kadow: paulo.kadow@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.co.uk

Spiraldynamik® UK

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