



## Simon Thakur: Awakening the Animal Body - Fluidity, Softness and Strength



Simon Thakur is the Founder of Ancestral Movement, which considers how our bodies and anatomies hold innate patterns of movement that are a result of millions of years of evolution. He is a teacher and student of natural movement, meditation capoeira, yoga & bushcraft. Seek out and cultivate the memory of your soft, squishy ancestral animal body!

**TOP EMBODIMENT TIP:** Feel the glory of nature in your body.

### The Coding of 4 Billion Years of Evolution: **We share ancestry with all other animals**

- Technologies and cultures have influenced and restricted our movement vocabulary.
- However, we are squishy, soft-bodied grotesque animals with undulating and multidirectional movement.

### Exploration of the spine: **All parts of the spine and vertebrae can move**

- A movement sequence focusing on the *cervical*, *thoracic* and *lumbar* spine: the base of the skull, the middle of the neck, the base of the neck, sternum, abdomen and belly button.
- The instructions are: to stand, move forward and backwards, and move in circles from these points.
- Explore the range gently, and be conscious of softness and fluidity.
- The movement will open up non-habitual parts of the body.
- Animals move in these palpable ways from their soft and squishy cores and torsos, and these movements are emphasised in yoga practices and Chinese martial arts as beneficial to health.

### Explore the 'dragon body': **The spine is not just a series of bones**

- It is a scaffolding wrapped in spiralling muscle and connecting tissue around a unified central column.
- The whole of the body has various nodes that we can explore in movement in order to reintegrate with our whole evolutionary anatomy.
- This practice can be a warm up, a workout on its own for building strength, or a life practice to work against habits in the body.

### Resources

- ❖ **Website:** <https://ancestralmovement.com>
- ❖ **Practice:** <https://www.youtube.com/user/AncestralMovement>
- ❖ **Social:** [Facebook group: Ancestral Movement](#)

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**Gil Hedley, Ph.D.**, is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

**Integral Anatomy** is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

To study further with Gil, go to [www.gilhedley.com](http://www.gilhedley.com) and join the site. You will automatically receive **3 free full-length video courses** that will deeply impact your embodiment practice.

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