



**Katrien Lemahieu:** BioExercise



Katrien was born in Belgium, but currently lives in the Netherlands. She is a certified aquatic therapist and a trained specialist who works with the element of water not solely for fitness purposes, but for its therapeutic potential. Discover how to use water training functionally to become better on land using the seven brain boosters!

**TOP EMBODIMENT TIP:** Do more than just that monkey see, monkey do!

For those who teach, encourage your students to engage with the movement and how it feels. Working with the cognitive and the emotional sense, will help them to perform better in daily life as well.

The Benefits of Performing Movements in The Water

- Water gives us the force to do more.
- Whilst the hydrostatic pressure will help us **balance** and allows the movement to become **faster**, it makes our **heart rate decrease**.
- It engages **more muscles** than doing the same performance on land.

Embodied Awareness in Water Movement

- BioExercise is based on **functional exercises** combined with an **embodied awareness**.
- It encourages the listening and trusting of one's own body.

The Seven Brain Boosters

1. Trigger the body with these seven brain boosters in the training experience.
2. Social interaction
3. Repetition with variation
4. Problem solving multitask
5. A fun element
6. Engagement
7. Individualization

Resources

- ❖ **Email:** [kataqua@planet.nl](mailto:kataqua@planet.nl)
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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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