



Pete Banbury: BodyMapping - Making the Invisible, Visible



Pete Banbury has spent 24 years as a practitioner, educator, and director in the Healthcare, Wellness, and Fitness industries. He has also worked as a Sports Massage Therapist for many of England's Rugby World Cup winning players. In 2020, he co-founded The BodyMapper to inspire everyone to understand and invest in their body. In this presentation, learn the technique of BodyMapping, which engages a multi-sensory system - including sight, touch, drawing and movement - to disrupt how we learn functional anatomy.

TOP EMBODIMENT TIP: Connect with your body through feeling your structures. It's so much more about feeling than anyone accounts for. A book is fine (to learn about your body), but you need to feel it!

BodyMapping: Its Vision and Purpose

- This company is a “lockdown” company, created during the pandemic.
- Traditional ways of learning anatomy - through books - are not always helpful for learners.
- This technique presents new perspectives and information to help the brain to understand things in a different way.
- It disrupts old ways of learning how the body operates and moves.

The Interconnectivity of the Body: It Is an Orchestra of Parts

- The body is an incredible machine. In the past, we focused on individual muscles and joints, and how different parts of the body operated independently.
- Now we focus on how it is all connected; it is like an orchestra. Each part of the body is relevant and important.

The Process of BodyMapping: There Are Five Layers (See, Feel, Map, Move, and Memorize)

- **See:** Virtual models are used to look at structures of the body. You may rotate and zoom in on certain parts.
- **Feel:** “Ten little sensors” (fingers) bring information to the brain that the eyes do not see.
- **Map:** Drawing structures on the skin, using markers, helps bring them to life beyond simple images.
- **Move:** Movement impacts musculature. Going into a lunge, for example, shows how the musculature lengthens, as evident by the lengthening of the image drawn on the leg. The muscle stores its kinetic energy and then springs back up. This is the biomechanics of how muscles work.
- **Memorize:** Learning the names of the structures and repeating them aloud is the goal. You may want to prove your knowledge and capability by going against the clock. This will be an upcoming campaign in the UK called Prove Yourself.

Resources

- ❖ **Website:** the-bodymapper.com
- ❖ **References:** *Anatomy Trains, by Thomas W Myers*



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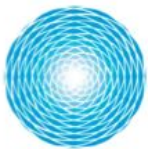
Amara Pagano, PathOfAzul.com



Amara Pagano is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](http://SchoolOfAzul.com) and the co-founder of the global conscious dance community [OneDanceTribe](http://OneDanceTribe.com). Azul is a path of personal transformation that supports the awakening of consciousness and recognizes that, as we transform ourselves we create the conditions for our world to transform.

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