



## Frey Faust: Bounding Joy - Your Best Ride Is Built In



Frey is a dancer, choreographer, teacher, writer and artisan, and is the founder of the Access Syllabus. Explore the movement of your body and delve deeply into anatomy.

**TOP EMBODIMENT TIP:** When you wake up in the morning, ask yourself how you're feeling - give yourself time to move slowly so that your spine can unravel and ask yourself, “Do I want to eat this? Do I want to take this medicine? Do I want to wear this clothing? What is my body state?”

### Movement of Muscle Stretching: Beauty of Bounce

- Join Frey in a movement to music incorporating bouncing, jiggling and shaking with rhythmic movement.

### Homologous Bending: Take-off Moment

- Working with the legs and feet, creating a dynamic spring for a fluid take-off and controlled descent.

### Alignment: Intentional Integrity

- An enlightening technical discussion of anatomy and movement.

### Resources

- ❖ **Website:** <https://www.freyfaust.org/>
- ❖ **Axis Syllabus:** <http://axissyllabus.org/>
- ❖ **References:**
  - R. Schleip - Fascial Fitness  
[https://www.somatics.de/en/news/\\_arbeiten/FascialFitnessTerraRosa.pdf](https://www.somatics.de/en/news/_arbeiten/FascialFitnessTerraRosa.pdf)
  - R. Schleip - Myofibroblasts  
[https://www.fasciaresearch.de/publications/Schleip\\_TrainingPrinciplesFascial.pdf](https://www.fasciaresearch.de/publications/Schleip_TrainingPrinciplesFascial.pdf)
  - IPA Training <https://ipa.physio/fascia-and-training/>



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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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