



Ryan Hurst: Building Body Control Through Mindful Exploration of Novel Movement Patterns



Ryan Hurst is co-founder and program director of GMB Fitness. A training accident ended his competitive gymnastics career, which inspired him to move to Japan and compete in various martial arts until another injury made him reevaluate his life priorities. Learn to define your own fitness as a sustainable and enjoyable part of your life through the exploration of a three-part movement sequence with a sense of play and self-discovery.

TOP EMBODIMENT TIP: Learn to ‘own’ a movement by breaking it down with awareness

Breaking Down the Movement

- Break down dynamic movement's in order to look at each piece of it, to get a better understanding of it.
- Slow down, feel movement, bring awareness to it, become progressively faster and more sophisticated.

Owning the Movement

- The way to own the movement is to slow it down, pay attention to your body
- Negotiate timing, control (balance) and flexibility (mobility).
- You are never in balance, you are always in a process of finding balance.
- Incorporate pauses to allow yourself to feel the difference

The Parts of a Movement

- Movements have three parts: Beginning, middle and end. Focus at mastering the beginning in order to progress to the most challenging middle part (in motion.)
- The three part movement concept can be integrated into daily life.

Regulation and the Fear Factor

- The goal is to work with the fear factor, continually sophisticating the movement to develop confidence.
- It's not about taking away fear but being comfortable with it.
- Regulation involves listening to your body and being true to it in each particular movement.

Resources

- ❖ **Courses:** <https://gmb.io/mobility/>
- ❖ **Website:** <https://gmb.io/>
- ❖ **Social:** Facebook: <https://www.facebook.com/GMBfitness/>



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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 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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