



## Brandee Laird: Everyday Kata - Flow in Daily Tasks



Brandee is an internationally recognized athlete, parkour instructor, warrior-poet, and purveyor of empowering ordinary citizens to make extraordinary actions. Her favorite parkour move is the step vault. Brandee is Coaching and Curriculum Director of Parkour Visions. 'Everyday kata' is one approach for changing the things we have to do into things we get to do or even want to do. Learn how to turn chores from mundane motions into meditative flows.

**TOP EMBODIMENT TIP:** Decide, plan and practise what you want to give to every single day you live. To breathe, be alive, continue forward and for recovery in your life, you have to live now and take care of yourself and each other.

### Everyday Kata: In the flow of everyday tasks and effortless movements

- A mindset where everyday movement is integrated into daily tasks. Essentially, you are training your body with whatever you're doing with your body (i.e. your movements) daily.
- Using moments and tasks as everyday goals e.g. jumping up and down steps to strengthen your back and legs.
- Be *graceful, controlled, adaptable* and *as aware as possible*.

### Challenge: facing challenges with parkour as the baseline and working from there.

- Parkour has a history of connecting with challenges in order to '*be strong to be useful*' and '*be in it to last*'. Low-line parkour is a grounded and stable way of moving and connecting in the world through movement, and altruistically

### Integrating Fun and Play: into our daily lives and our daily environment

- Use everyday moments and tasks in repetition to create flow with movement and intent
- Training the nervous system with meditation and relaxation techniques e.g. become a *kitchen ninja* by turning your chores into effortless flow of graceful movements that train the nervous system; engage in *moving meditations* through juggling balls, cooking, taking pots out of cupboard, or washing up.

### Extraordinary Actions by Ordinary Citizens: encouraging civic responsibility and creating investment in challenging diseases of civilization

- *Look at your world as an opportunity. Engage in action and movement* with an intent and purpose for your life, which can change from day to day.
- Assert yourself in the direction of your intent.

### Resources

- ❖ **Courses:** <https://parkourvisions.org/updates>; <https://www.citizenoperatingsystems.co/>
- ❖ **Website:** <https://www.smashwords.com/profile/view/ninjamazon>
- ❖ **Social:** [@monkeemoves](#); [Facebook: ninjamazon](#); [Youtube: MonkeeMoves](#);
- ❖ **References:** Yamakasi; The Karate Kid



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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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