



Rod Cooper: Floor Work - Learn How to Connect with Your Body and the Floor Along With a Sequence of Moves You Can Play With



Rod is the owner of The Movement Collective (TMC), located in Newcastle, Australia. TMC is a facility that exposes people to practices that not only improve the function and skill of their body, but also open up their minds to these possibilities for everyday life. The Movement Collective provides online lessons for kids and adults too. Join in this energetic floorwork session led by Rod.

TOP EMBODIMENT TIP: Practice moving every single day.

Types of Movements: **What the Session Will Look Like**

- For this session you will need loose clothes and a good amount of space to move around; perhaps also some water to drink as it's quite fast-paced.
- The session includes (among other things); mobility practice, some strength training, and stretching with a dance-like flow.

Warm Up: **Preparative Movements**

- Rod introduces and guides us through:
 - Spinal waves
 - How to warm up the hands and wrists for a handstand
 - Pancake position for different types of stretching
 - Constructive rest position to prepare for movements later

Learning the Sequence: **the Seven Movements**

- Rod teaches seven different movements in this session that together create a flowing sequence that you can keep practicing and playing with.
- The creative movements include: handstand kick up, shifting the weight, pivoting, penny drop, swat, helicopter arms, and finally the windmill.

Resources

- ❖ **Website:** <https://www.themovementcollective.net/>
- ❖ **Social:** Instagram: [@the_movement_collective](https://www.instagram.com/the_movement_collective), Facebook: <https://www.facebook.com/NWCTM>



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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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