



Mike Fitch: Maximize Your Human Experience with Animal Flow



Mike Fitch, creator of the Animal Flow system, is an innovative movement educator with over 20 years in the fitness industry. Learn 5 movements you can use to explore moving your body on the ground and to make your own flow.

TOP EMBODIMENT TIP: Get on the ground, hands and feet, and move in as many ways as possible!

What is Animal Flow? Animal Flow is more than just mimicking animal movement

- There are 3 foundational concepts that make up the Animal Flow system:
 1. It's a tool to improve the communication, connection and function of the human animal. Everything we do is to improve our experience in our upright human body. We invite people back into their bodies, experiencing their bodies on the ground.
 2. It's a way to fill in the deficits in one's physical abilities, bridging training for strength, flexibility, and speed.
 3. It's helpful in building resilient bodies. A valuable way to strengthen joints and soften tissues is to experience multiple loads from multiple angles.
- When hands and feet are on the ground, the body communicates with itself through the floor.
- The practice starts and ends with wrist mobilization to prepare the hands and wrists to move on the floor.

Studies show the value of Quadrupedal Movement

- Moving with both hands and feet in contact with the ground not only increases proprioception, it also increases cognitive functioning. There are two new studies showing this. One, "Quadrupedal movement training improves markers of cognition and joint repositioning" by J. Matthews et.al. (see References under Resources below), concluded that "*Performance of a novel, progressive, and challenging task, requiring the coordination of all 4 limbs, has a beneficial impact on cognitive flexibility, and in joint reposition sense, although only at the specific joint angle directly targeted by the training. The findings are consistent with other studies showing improvements in executive function and joint reposition sense following physical activity*".

Resources

- ❖ **Website:** [Animal Flow](https://www.animalflow.com)
- ❖ **Workshops:** [animalflow.com](https://www.animalflow.com) - Code: EMBODIMENT50 gives \$50 off registration
- ❖ **Instagram:** [@animalflowofficial](https://www.instagram.com/animalflowofficial)
- ❖ **On Demand:** [Animal Flow on Demand](https://www.animalflow.com) - 14 days free trial
- ❖ **References:** [Quadrupedal movement training](https://www.animalflow.com)



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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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