



Justin Wolfer: Movement Mapping: An essential practice for the human body and nervous system?



Justin Wolfer has been a full time teacher of Yoga, Meditation and Interdisciplinary Movement for 10 years and for the past 5 years he has owned and operated Rise Yoga & Movement Arts Center in Saratoga Springs. This recent year he founded Movement Mapping a system of training that focuses on optimizing Neuromuscular communication. Discover tools to adapt your practice to your unique neuromuscular needs.

**TOP EMBODIMENT TIP:** Take time to be quiet within yourself, there is a universe of information within you.

Joint Centric Practice: **Look at the joints that are involved within an asana or movement.**

- The practice allows you to take the asana apart, look at it from a joint-to-joint basis, and put it back together.
- **Joint Centric Practice is a more inclusive style of practice** than an asana centred practice.

Movement Mapping: **A neuromuscular practice that creates clear communication between the body and the mind.**

- The body and the mind have a better understanding of the task to be done.
- **Everyone works with their own unique neuromuscular system, and their unique way of improving communication.**

Evolutionary Biology: **What we adapted to and what we are doing now.**

- In the standard yoga practice in the west, a lot of students are coming from the office where they spend a lot of time sitting down and we need to take into account that this is a different place than our ancestors were coming from.

Movement Mapping Practices

- **Parasympathetic stimulation** - the stimulation of the relaxation response.
- **Everyday essentials** - non weight bearing joint mobilizations to develop healthy tissue.
- **Pre-habilitations** - making sure that students have prerequisites for certain demands.
- **Upper limb flows** - focus on strength development.
- **Lower limb flows** - develop the lower muscle chains
- **Mobility and strength protocols** - have a very targeted specific strength or mobility goal.
- **Intentional release** - practices that focus on releasing.

Resources

- ❖ **Courses:** [Level 1 - certification](#), [Level 2 - certification](#), [other courses](#)
- ❖ **YouTube:** [Justin Wolfer](#)
- ❖ **Social:** Facebook: [Justin Wolfer Yoga](#)



## Justin Wolfer





All Yoga Presentations are Proudly Sponsored by Leslie Kaminoff, [YogaAnatomy.net](https://YogaAnatomy.net)



**YOGA**Anatomy.net

**Leslie Kaminoff**, co-author of the bestselling book “Yoga Anatomy” is a yoga educator and internationally recognized specialist with over four decades’ experience in the fields of yoga, breath, anatomy and bodywork. His approach to teaching combines intellectual rigor, spontaneity and humor, and is always evolving.

[YogaAnatomy.net](https://YogaAnatomy.net) is how Kaminoff connects with his students all over the world - and the first ever online yoga studio for advanced studies. His passion is teaching teachers, and [YogaAnatomy.net](https://YogaAnatomy.net) has become the go-to resource for Teacher Trainers planning a YTT, and advanced teachers who want to deepen their knowledge and transform their teaching.

Kaminoff & the entire team at [YogaAnatomy.net](https://YogaAnatomy.net) are thrilled to be sponsoring the Yoga Channel for The Embodiment Conference. To celebrate, they're offering each attendee free access to a Home Workshop Series, where you'll focus on the intersection of embodiment, breath, and your mind. Plus, you're eligible for a \$1,000 USD scholarship towards working directly with Leslie in one of his professional training courses. [Click here](#) for scholarship details and immediate access to the workshop.