



Jared Tavasolien: Movement Snacks



Jared Tavasolien is a Personal Trainer, Holistic Health and Personalised Nutrition Coach with over 20 years experience. Discover how to retrain your nervous system in fun ways through ‘movement snacks’ of breathwork, nervous system resets, mobility and strength drills, to increase resilience, mobility and strength while easing pain and leaving enough in the tank for a fulfilling life

TOP EMBODIMENT TIP: It is not so serious, remember to laugh, play and have fun

Movement Snacks: **The idea to create a system to help people feel good in their body throughout the day**

- Not everyone has the spare time to drive to the gym and spend hours working out. Movement Snacks allows everyone the opportunity to increase mobility and strength, sprinkled in between daily life.

10 Minutes a Day: **Just ten Minutes a day really can make a difference**

- Many people believe that they have to work out hard. The theory of no pain no gain. This really isn't the case and we can increase our health, strength and mobility by incorporating movement in short consistent bursts

You are already Strong: **Believe you are already strong and that your strength simply needs to be unlocked**

- Many people believe they are not strong and must work out to obtain strength.
- Human beings are by nature extremely strong and powerful. The gym is a man-made concept because we are no longer utilising our natural strength patterns in the wild. We still have natural strength. Simple movement can unlock this.

Use the Floor: **The floor is an amazing tool for exercise, relaxation and feedback to your body. USE IT.**

- Children have all the movement patterns we will ever need as humans but we lose them over time because as we grow, we use the floor less and less as a resource to sit, lay, move.
- Getting up and down from the floor is a basic movement pattern that can increase the health of our joints
- Belly breathing while laying on the floor provides enormous feedback to the diaphragm.
- Rolling around on the floor is a wonderful sensory experience for our skin which is the largest organ of our body.

Resources

- ❖ **Courses:** Free Movement Kickstart Your Day Program at <https://movementsnacks.com>
- ❖ **Website:** <https://mohsenhealth.com/about-1>; <https://movementsnacks.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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