



Joshua Hash: Movement Tools for Freedom



Josh Hash is the creator and CEO of Strength Side. With over 335k subscribers on YouTube, Strength Side helps people gain freedom in their mind and body through movement. Josh lives a life of travel, movement and seeks fulfillment through experience. Learn how to use basic ground movements that focus on increasing joint capacity while also developing a language to express.

TOP EMBODIMENT TIP: It's all there is, we cannot separate the mind and the body, so keep embodying that.

Movement is a Great Catalyst for Mind, Body and Spirit:

- Practical application: the more **stiffness, pain** and **discomfort** we experience, means we cannot be **present in the moment**.
- Philosophically: the more **freedom in the body**, the more ability we have to explore **creativity** and broaden our **perspective**.
- Learn why we want to adopt a childlike sense of play in our movement.
- Freedom of movement allows us not to get trapped in the linear thinking of the mind alone.
- Movement brings us into what is.
- The journey is much more important than the destination.

Resources

- ❖ **Website:** [Strength Side Primal Athlete](#)
- ❖ **You Tube:** [Joshua Hash-Strength Side](#)
- ❖ **Instagram:** [@jawshhash](#)



Josh Hash





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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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Dedicated to exploring inner space™

