



Tomislav English: Neuroplastic Principles for Interdisciplinary Movers



Tomislav English is a former professional dancer and performer. He is also the founder of Ferus Animi // Terra Nova, a group of cross disciplinary artists and scientists researching in the field of human evolutionary physiology and environmental adaptation, through both a scientific and artistic lens. Explore two of the core principles of neuroplasticity used by Ferus Animi // Terra Nova in their training and teaching practices.

TOP EMBODIMENT TIP: Think and speculate about the complexity of the environment in which we evolved this fantastic, amazing complex organism that we experience the world through.

First Principle: Use It Or Lose It

- The brain will start desensitizing and stripping away neural networks for infrequently used ranges of motion.
- These networks are not lost forever, we just have to start using them again.
- if you feel brave, get in touch with the environment, with the outside and outdoors as much as possible.
- Every day do a little bit of the things that we want to be able to do for the rest of our life, so that our brain will retain those neural networks.

Second Principle: Neurons That Fire Together Wire Together

- When two different sets of neurons are used simultaneously they will start to become bound, so that when one activates the other automatically activates too.
- Freedom of movement requires the independent activation of different areas of the body.
- It's not just about what you activate but also about what you release.

Resources

- ❖ **Website:** ferus-animi-terra-nova.org
- ❖ **Social:** Facebook: [FerusAnimiTerraNov](https://www.facebook.com/FerusAnimiTerraNov)
- ❖ **References:** Books & papers on neuroscience by Norman Doidge, David Eagleman, Dr. Allan H. Ropper and Brian D. Burrell, Marc Dingman, Prof. Richard Wade-Martins; also neuroplasticity research by Paul Bach-y-Rita, Michael Merzenich, Alvaro Pascual-Leone, Fred Gage & Santiago Ramón y Cajal.



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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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