



**Sean Hannah: PK Silver: Parkour = Fall Prevention for Older Adults**



Sean Hannah is the Vice President and Curriculum Director for one of the first parkour programs for older adults in the US and helped write the programming for the world's first evidence-based study in this field. Discover the core concepts of fall-prevention oriented parkour training and how to build participant's agility and awareness through play.

**TOP EMBODIMENT TIP:** Don't think of exercise and fitness as a price that you have to pay. Enjoy the price you get to live in a body.

The Transformative Power of Parkour for Special Populations: **Parkour is for Everyone**

- At age 50 and over parkour transitions from crazy internet sport to an essential life skill for fall prevention. It is a method for practicing human locomotion that is for everyone.

Lessons from Hardcore Parkour: **Noone knows more about falling than the people who do it on purpose for fun.**

- Human beings are capable through their movement, of mitigating absorbing and redirecting impact force in ways once unimaginable.
- Parkour is unique among senior fitness programs because it embraces the concept of falling as a legitimate skill.
- Parkour teaches how to adapt failed techniques to minimise impact to the body, underpinned by strength and conditioning so that the body is resilient enough to handle a fall.

Physical and Psychological Benefits

- Our ability to move and react is heavily influenced by our belief that we can.
- University research has shown universal improvements in physical and psychological markers after eight weeks.
- Dysfunctional standing postures are just defense mechanisms against fear and pain that promotes falling.
- Parkour doesn't need special equipment and can happen anywhere so it is accessible. It builds connection and encourages play.

Resources

- ❖ **Books:** *PK Silver Forever - Your Parkour Toolkit - Pandemic Edition*
- ❖ **Website:** [PKmove.org](http://PKmove.org)



## Sean Hannah





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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](http://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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