



Paul Chek: Movement as Medicine



Paul Chek is a world-renowned expert in the fields of corrective and high-performance exercise kinesiology, stress management and holistic wellness. He is founder of the Chek institute and host of the Living in 4D Podcast.

TOP EMBODIMENT TIP: Movement is medicine when used intelligently, and it's fun!

Working In versus Working Out: The concept of working in was developed from observing Tai Chi and Qi Gong masters. Instead of focussing on mastery of a technique, it develops through dynamic meditation and flow. People who *work out* may have conditioned themselves to become dependent on exercise solely for an outwardly goal. People have become fit but unhealthy. Internal organs may have suffered through stress, nutrient depletion, dehydration or poor air intake and circulation. Using the idea of **Qi**, working out takes life force energy away from the body, while *working in* draws energy back into the body. One of the most amazing observations of *working in* is the fine tuning of the **biological oscillators**, in other words: getting the **brain, heart, and gut** all in sync.

Chek Success Formula: The **Chek Success Formula** is built on **Flexibility, Stability, Strength, and Power**. Gain a thorough understanding of balance and motor unit activation, joint stability and energy flow. Come away from this lesson with the awareness that one cannot simply go straight to power movements/sport specific training without addressing the previous elements first.

Functional Exercise & Primal Patterns: One of the most fascinating aspects of the presentation is identification of **7 movements needed for man to survive in nature** and thus survive in life. These have been identified by answering the sub-question “**what movement depends on what movement**”; essentially complimentary movements in the form of twisting and lunging to perform throwing an object.

The Energy Web: Using **James Oschman's “Energy Medicine”** as the source of inspiration, Paul looks at various energies involved in daily life and how it impacts our wellbeing. Come along for a deep dive specifically into a clear understanding of **Qi**. Examine how our bodies manifest **earth, water, fire, and air** into being.

Resources

- ❖ **Books:** *How to Eat, Move, and Be Healthy*
- ❖ **Courses:** Name of course here
- ❖ **Website:** chekinstitute.com; chekiva.com
- ❖ **Social:** @paul.chek, Facebook: Paul Chek, Living in 4D Podcast
- ❖ **References:** Breath to Succeed, Tanya Clifton-Smith; Energy is Medicine, James Oschman



All Movement & Anatomy Presentations are Proudly Sponsored by [Gil Hedley](http://gilhedley.com)



gilhedley.com

Dedicated to exploring inner space™



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.

Interested in securing **LIFETIME ACCESS** to the Embodiment Conference?

				
Recordings	Cheat notes	Bookmarks	Learning lists	Recommendations
Lifetime access to sessions to watch as you please. Video and audio-only options.	Notes on each session to highlight key takeaways and fast-track your learning.	Bookmark your favourite tools to jump back whenever you need them.	Bite-size lists to help structure and guide your learning.	Find new teachers and discover topics personalised to your tastes.

Get lifetime access now



THE EMBODIMENT
CONFERENCE

Movement &
Anatomy

