



**Andrew Johnston:** The Muscles Your Body Forgot (but shouldn't have)



Andrew Johnston is a former professional cyclist, Iron-Distance Triathlon Champion, Leukemia Survivor, Author, and twice voted Top 100 Trainers in the United States. Join Andrew to take a deep dive into the workings of the human mind, body, and spirit and during this experiential workshop he shares some of his wealth of knowledge.

**TOP EMBODIMENT TIP:** Just become aware of how you are standing, breathing, what your thoughts are, if you can bring awareness to any one of these things then the potential is there for change for good.

Introduction: **Sensory Motor Amnesia.**

- Learn about sensory motor amnesia.
- This is when muscles switch off; they literally forget how to work.
- It is often caused by pain or disuse or even poor nutrition.
- Andrew explains how muscle imbalances can lead to movement compensations.
- Movement compensations can then lead to injuries.
- The gluteal muscles and the abdominal muscles are commonly affected.

Glutes and Abs: **Fire them up.**

- Join Andrew as he leads a thorough osteo-articular warm up.
- This is followed by techniques to fire up the gluteal muscles and then the abdominal muscles.
- Learn how tapping or slapping the muscles fires them up.
- Watch as Andrew demonstrates exercises which will target all four fibres of the gluteus maximus, then the gluteus medius.
- Finally he targets the lower abdominal muscles.

Nutrition: **Your abdominal dysfunction could be related to the food you eat.**

- Discover how the abdominal muscles and the intestines share the same nerve innervation.
- What causes inflammation in the intestines? Medicines, food, stress, alcohol.
- When the intestines are inflamed then the abdominal muscles are in pain and they get turned off.
- Hear Andrew's opinion on Fasting, the importance of nasal breathing and much more!

Resources

- ❖ **Books:** [Holistic Strength Training for Triathlon](#) [Spot on: Nutrition](#)
- ❖ **Website:** [Triumph Training](#)
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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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