



Sebastien Foucan: The Path to Longevity in Physical Practice



Sebastien Foucan is one of the early pioneers of parkour and the founder of freerunning and The Foucan Academy. The passion and dedication for his craft led him into several high profile performance roles in James Bond, *Casino Royale* and with Madonna, Nike and K-swiss amongst others. In this presentation, discover his story and method to making your own unique map of your body so that you can tailor your practice for YOU.

TOP EMBODIMENT TIP: The map of yourself is more important than anything else.

Sebastien's Story: A Journey of High and Low

- Sebastien has 40 years of intense physical activity under his belt and many lessons learned.
- Pushing through obstacles may make you strong - but less capable. **'You pay the price with your body'**.
- Big wake-up calls in his life forced him to face his own **fragility and impermanence**. This changed his mindset.
- Removing himself from the traditional sports mentality (pushing/competing) changed his lifestyle and philosophy and created a methodology to preserve himself and his body following the cyclical laws of the Universe.

The Foucan Method: 4 Main Principles

- **Maturity:** The Age of Roots (discovery, novice), The Age of Fire (pushing your limits), The Age of Water (functionality and flow), The Age of Air (letting go, wisdom)
- **Range of Expression:** your unique range of ability, not comparing with others, finding your own way for YOU
- **Seasonality:** Awakening Spring, Expressing Summer, Smooth Autumn, Sanctuary Winter
- **Maintenance**
- Plus **7 Elements** in his fitness method: the core of which is the essence of **Parkour** & how we move as human beings.

The Map: Know Yourself, Listen to Your Body

- Listen to your own rhythm, life is about balance. What is your current stage, phase, level or season? What are your unique conditions or injuries? Where are you at now, not in relation to others?
- Sebastien's map helps us tailor our practice to the highest level for our uniqueness. It helps us to know ourselves.

Putting it All Together: Life is a Trip!

- It's not all about being 'the best' - life is going to end. It's about connecting to the essence of yourself.
- Longevity doesn't mean immortality. **'Slow will grow, fast won't last!'**
- Move from the external to the internal, respect your body, it is your vehicle.
- **Be the best version of yourself every day and enjoy the journey - that's the path of longevity.**

Resources

- ❖ **Website:** www.foucan.com **Insta:** [@sebastienfoucan](https://www.instagram.com/sebastienfoucan) **FB:** [Sebastian Foucan](https://www.facebook.com/SebastianFoucan) **Twitter:** [@SebastienFoucan](https://twitter.com/SebastienFoucan)



❖ **References:** Japanese concept of *Ikigai*

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Ilan Stephani is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors“. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

ILAN STEPHANI

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