



Nate Summers: The Primal Body: Rewilding Our Movement



Nate Summers, M.Ac. is a survival skills expert, primal movement teacher, and is the author of *Primal: Why We Long to Be Wild and Free* from Falcon press. Find out how rediscovering and re-embodying our own primal wildness makes us more emotionally resilient.

TOP EMBODIMENT TIP: Get outside, every single day, and spend at least 5 minutes experiencing the elements and nature.

Rewilding: Rediscovering and re-embodying our own primal wildness

- Embodying primal wildness makes us happier, healthier, more emotionally resilient and it helps us create a more healthy relationship with the planet.

What We Origin from and How We Got Lost: Hunter/gatherers turning deskbound

- We were hunter/gatherer nomads for 200,000 years.
- Our brains are evolved to thrive in doing that.
- Our biology has not caught up with the radical changes our modern-day society has laid upon us.
- We have shifted from moving, resting, sitting on soft surfaces to being surrounded by, and using hard surfaces.
- Moving like a “square” changes the way we think- as a result of neuroplasticity.

Pathways to Return to Our Primal Wildness: Reconnect with nature, and reconnect with our own nature.

- Reconnect by being outside in the wild, barefoot.
- Sitting around the fire, sharing stories.
- Making tools from stone and wood.

Movement: Embodying our own primal wildness

- What is our natural movement?
- One way back to our own primal wildness the modern way- Yoga!
- Go into movement to engage in our neurology as it was designed.
- Move out of the square posture and move in spirals, circles, and waves.
- The more diverse our movement, the more diverse and creative our thinking can become.
- Movement changes and enhances our bodies, our minds, and our spirits.

Resources

- ❖ **Books:** *Primal: Why We Long to Be Wild and Free*
- ❖ **Website:** <https://www.primalnate.com/art-of-movement>



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The initiative was founded by Nicoleta Carpineanu (aka Nico de Transylvania), a Romanian, UK-based DJ/Producer who grew up in the forests of Transylvania. We began our first key project in Romania in April 2019 and in our first year planted over 25,000 trees. We reforest land that has been clear-cut, where natural reforestation would not occur. We only plant native, biodiverse species, grown locally and cared for until maturity in legally protected areas, adjacent to existing natural forests. Our aim is to plant one million trees in the Carpathians and beyond by 2025.

OUR MISSION is to preserve our forests and the people and wildlife they nurture, and to promote connection with nature through music, art, and culture.