



Milèna (Mee) Bergeron: The Volume of Movement



Mee is a manual therapist, a functional movement teacher, a life coach and a specialist at unwinding chronic pain at its core. The founder of DeepFlow which teaches a whole body approach to postural therapy and self-reliance that aims at restoring flexibility, mobility, and agility by deeply shifting our "inner lens" and fascial tapestry.

TOP EMBODIMENT TIP: Self Reliance. Self Mastery.

A Model for Movement: Micro Movement Vs. Outer Macro Movement

- Micro is the intimacy of movement.
- Macro movement is generated by the facial chains of Micro movement.
- Outer macro movement- unsustainable disconnected movement of outer appendages.
- Amplifier, surround sound and equaliser of body movement

Kinetic Energy & Potential Energy: Regulating the volume of amplification in the body to work on micro-movements

- Trust
- Intimacy
- Communication
- Support

Guided Movement: Exploring Deep Flow principles

- Relationship to earth
- Kinetic chain of the arms
- Kinetic chain of the legs
- Moving from the core

Guided Movement: Central Axis. Primary Movement of the Spine

- Moving from the deep front line
- Discover the relationship between the front and the back of the spine
- Enjoy the playfulness of the primary curve

Resources

- ❖ **Website:** <https://deepflow.ca/>



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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.

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