

# Feel, Move, and Perform Better

A NatURe inspired Ecosystem Optimizing Locomotion, Resilience, and Longevity

**1**

## **Self-Author Your Hero's Journey**

Answer the Call to Adventure;  
Journey from the Known to the Unknown  
Through Fears, Challenges and Meaning Crisis.  
Once Initiated; Live a personal Myth of Self-Mastery,  
Which you are Integrated, Know Yourself, and are Vital.

**2**

## **Self-Regulation**

Practice Self-Awareness and Management  
of Emotions, Breathing, Digestion, Sleep/Recovery,  
and Autonomic Nervous System State.

**3**

## **Cellular Health**

Live Healthier Longer:  
Bloodwork + Health Analysis  
+ Action Plan + Retest and Reassess  
= Science-based Human and Healthspan Optimization

**4**

## **Human Species Specific Movement**

Restoration of Postures of Hands, Feet, Body, and Positions of Rest.  
Address any Human Movement Devolutions focused on Bipedalism and Brachiation.  
Reintegration of the Senses and Self-Organization of Movement in any Task.  
Improve Qualitative, Quantitative, and Variability aspects of Movement.



**UPRIGHT MOVEMENT**

Defy Gravity