

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.

Bio-Tensegrity: Reconceives human biomechanics as a structural symphony, with a tensional network of bones, muscles, and connective tissues creating a dynamic, protective scaffold. This model underscores the skeletal-muscular system's role in organ protection, fluid conduct, and sensory movement, pivotal in bipedal locomotion and dexterity. It advocates for a holistic approach to health, viewing the body as an interconnected matrix, influencing our understanding of injuries and sensory movement.



UPRIGHT MOVEMENT

Defy Gravity