

ELASTIC STABILITY MANIFEST

THINK ELASTIC - GET CONNECTED - CREATE CHANGE

- If you don't change direction, you will end up where you are heading
- get tools to change direction
- Our physics, mental and emotional state are factors you can not separate.
The human body is not a group of isolated systems, but a complex and highly interconnected whole where all the "ingredients" are equally important and interdependent - and every person needs to be approached differently even if the symptoms appear to be identical.
- The ability to release movement is important in general health - in this context, it is important to point out that it is not a goal itself to be really flexible.
The importance is to focus on the connections in your movement.
- Efficient training is not about lifting as much as possible and take more repetitions, but to achieve a better feeling for your movements and a meaningful focus.
- The knowledge and understanding of the Fascial tissue and the body can help us understand some of the challenges of unidentified pain and the missing training results we are dealing with today
- Get connected - Stimulate the body's inner feedback and navigation system
- prevent injuries
- Our body is shaped by the way we move or not move, the way we think, feel, eat and view the world - the challenges we have today is the combination of our genetics and our history until today.
- There is no correct positions, movements and ways to approach training.
Learn to find your optimal way of moving and get the results of feeling better in your own body
- There is no wrong positions and correct alignment of your body.
The goal is not to achieve symmetry but to learn to move freer in the body you have today.
- And finally: We all do have imbalances in our bodies, and we all do have tension in different places - which is not the same as having a problem
- That means" the day you are balanced you are dead (= humor is healthy)