

You already have everything you need to achieve comfort, longevity, and fluidity in your movement. You will feel tremendous improvement just by organizing what you already have. . .so let's begin.



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MOVEMENT LAB ONE - ON - ONE

A customized program that combines the effective hands-on approach of Rolfing structural integration, a 360-degree movement analyses, and embodiment sessions that use your own personal experience to help you gain insight. These multi-approach sessions will allow you to achieve your desired goals by tailoring each experience to your specific needs. It will help you be more effective, more efficient, and even avoid unnecessary injuries.

Programs:

- 1- Initiative
- 2- Wellbeing
- 3- Performance
- 4- Recovery

Pricing:

Videotape analysis- Please contact Ale about submitting your tape

On Location- \$90/hour, \$120/90 min + Travel Time

Costs- \$90/hour session, \$120/90 min, \$25 First Interview

Duration- Single Session, Short Series/5 sessions, Complete Series/10 sessions

What to Wear- Yoga or Workout Clothing

What is a 360-degree movement-lab approach?

- Would you like to experience more comfort and be more effective during your movement practice?
- Is it difficult for you to evolve in your practice, even though you are trying harder and harder and not getting the results you want?
- Are you trying to heal an old injury, but it always seems to come back, thus stabilizing an undesirable plateau?

I believe that a linear solution is not always the best approach, especially when we are dealing with complex systems. We need to identify the source of the problem and negotiate with everything involved. Many factors comprise a singular movement. It's

not just about muscle strength, flexibility and coordination. Muscular organization gives us a hint about how our mind is working and thinking about movement, and tells us how we've been using our body throughout our lives.

- Does your life history (accidents, old injuries ,etc) create restriction for your body and your performance now?
- Does the combination of doing various activities at the same time create incompatibility in your body?
- Does the lack of effectiveness in your movement overwhelm your physiological 'equipment,' thus compromising resilience and deserved rest?
- What about the "minor" things, such as daily habits. Can such "little things" be affecting your movements?
- Does a short cut for a better movement exist? The answer for that is "yes" or "maybe," but not "no."

The first requirement for change is engaging in your own process. Understanding the benefits, and beginning to take advantage of what is crucial for healthy movement and longevity. The 360-degree approach doesn't have a protocol, or a hierarchal order of events. I understand that working with a one-on-one process is about getting close to an individual's needs and being ready to change when necessary.

Here are some of our tools that we work with during a session:

- Recognizing postural patterns.
- Identifying the quality of the fascial structure.
- Alleviating compensating fascial layers and stimulating new tissue formation through a hands-on approach.
- Taking advantage of the field of gravity and using it as our closest friend.
- Evoking inner support and strength through special tracking techniques.
- Helping to increase the capacity of self-perception and enhancing awareness of micro-movements.
- Creating awareness of non-effective and non-desirable micro-movements , which are usually out of your perception. (your blind spots)
- Identifying the right solutions to solving movement problems on-the-fly.
- Aligning new movements with your self-image and movement style, creating meaningful and strengthening habits.
- Putting everything together. Embodiment Time. Using all the information in a way that can become seamless and natural for you.

As you can see, The 360-degree Movement Lab approach respects the pace of your learning, your structure, your nature, and the direction you want to take.