

Karin Gurtner - Slings in Motion - ATiM Exercise Library

The Slings in Motion exercise library for Anatomy Trains in Motion (ATiM) enables you to embody the Anatomy Trains in Motion concept based on nineteen foundation exercises and variations. The Slings in Motion repertoire focuses on the health promoting qualities of the myofascial system that positively influence our postural balance and movement efficiency – in daily life, recreational activities and at work.

Learning Objectives and Goals

1. Embody the Anatomy Trains concept through practise.
2. Deepen your understanding of the Superficial Back Line, Superficial Front Line, Lateral Line and Spiral Line, Deep Front Line, Front Arm Lines, Back Arm Lines, Back Functional Line, Front Functional Line and Ipsilateral Functional Line in motion.
3. Experience the difference in execution between muscle-focussed and fascia-focussed exercises, thus giving the familiar a new dimension.
4. Get an insight into Slings in Motion repertoire which activates the body's self-healing powers, optimizes resilience, promotes balanced myofascial tone, even force transmission and movement ease, as well as refining system communication within the body and signal perception.

Proof Content

