

A Natural Movement Approach (NMA), Applied Principles using the Action Types Approach (ATA)

> January 26th Chamonix

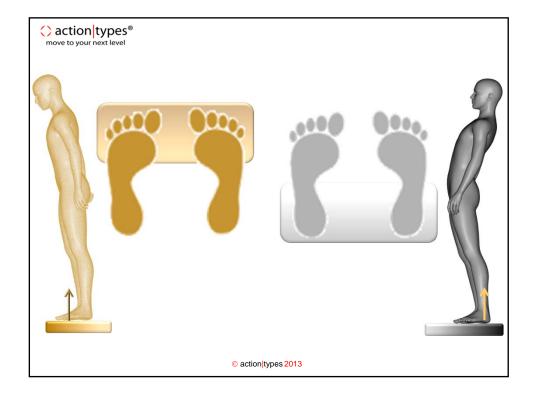
Part 2

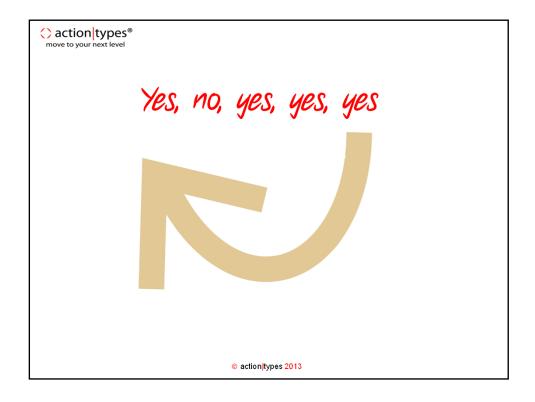
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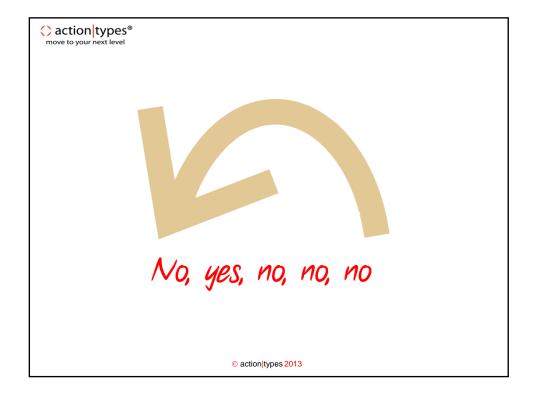


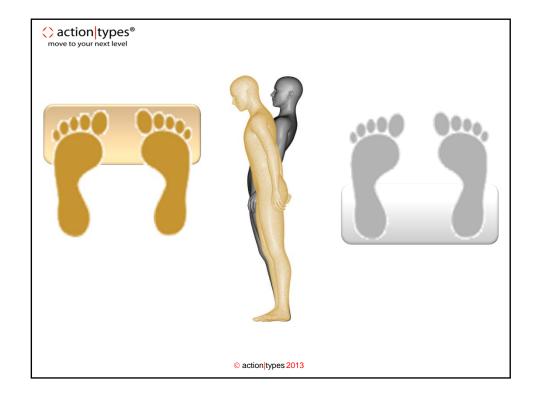
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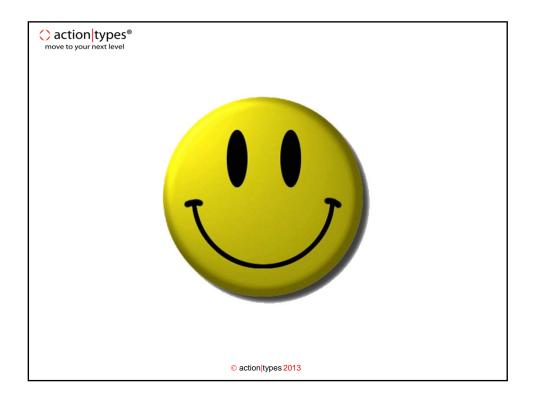




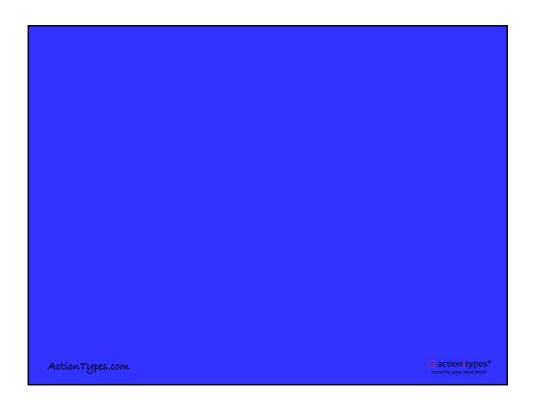


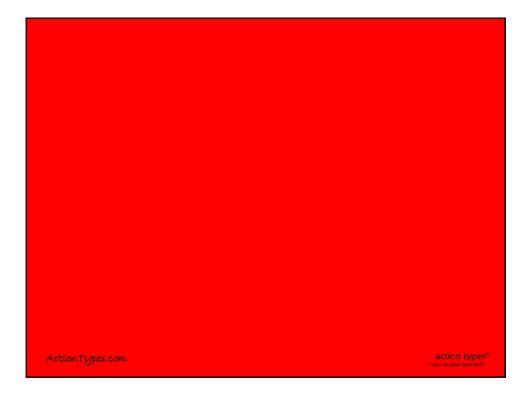


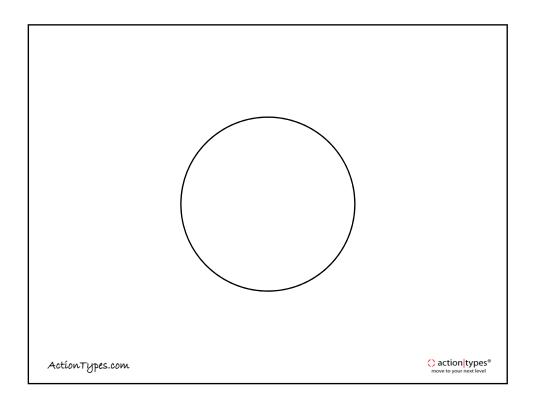


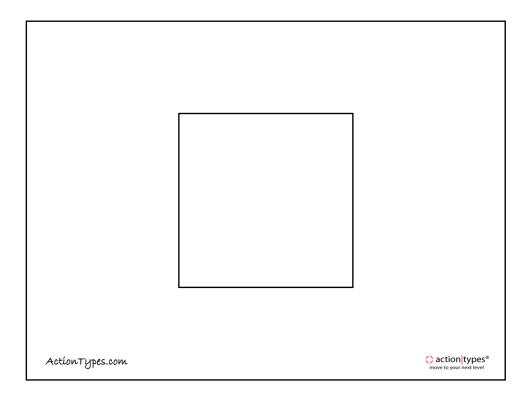












Our posture is the result of the search of coherency between our thinking and our body...

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Dr Rodolfo R. Llinàs I of the vortex: MIT Press 2001

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Movement triggered the emergence of thinking, it allowed « the mind » to develop!

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