

Accessing our... **Polyvagal Equanimity**

**Through Neuro-Tracking
of Core Movement Pathways,
Myofascial Tissue,
Breathing and Feeling**

**A postgraduate
course by
Josef DellaGrotte
PhD, CFP-physio**

Why take this class? Purpose & Goals

As insecurity, uncertainty, anxiety and distress continue to be the current order of the day- movement, meaning the way we organize, and especially enhanced with self-awareness, is the root but needs to be supplemented somatically. Integrating the three major pillars, the pathways and processes which if learned well, induce the most optimum neuro-biological state to be in: the 'zone' of both movement competence and relaxed responsiveness.

This Course is the culmination of my many years of

practice, integrating the best and most effective aspects of the somatic systems I have learned

-Feldenkrais Method, Alexander, Rolfing, Souchard, Taichi, Yoga, meditation, and more, that with correct practice, eventually lead into the zone of relaxed responsiveness- an optimized state of being and doing.

The intention of these classes is to make access to this optimal state of being direct and achievable. Similar practices have taken much too long. We no longer have the luxury of time.

PREREQUISITES

A postgraduate status in any or many of the movement based somatic modalities, with training and experience in the physiology, or biomechanics of movement. Knowledge of, or preparatory access to the CMI 6 Primary Core Movement Pathways mapping

system will enhance your learning absorption.



**What you
will learn:**

The Takeaways

- How to engage your brain and CNS to read, track, connect and program better somatic feel, perception and skills using the **Core Movement Pathways**.
- To engage requires movement pathway access of performance, plus direct and simultaneous **myofascial tissue tracking**.
- To complete the full somatic feel requires directing the **breathing to be in sync** with our movements.
- The results then must be verified by sensory-emotive feeling states. Once the brain recognizes and

values this state, it becomes established as a neurosomatic program, always accessible through brief practices.

Tentative Synopsis of the Course Curriculum

Week #1-2: Learn the foundation basics (both cognitive and sensory-motoric) of how to map and track movement. Practice myofascial touch-tracking, using clear directions and **access points**. Learn, or upgrade your understanding of how movement travels in the body. Learn and practice breathing in sync with movement vectors. Review '**center of gravity**' as the key to maintaining balance, alignment, and equilibrium.

Weeks 3-4: Practice activating neuro-somatic feel and perception, noticing how to identify and

recognize being in polyvagal equanimity.

Week 5-6: Review and student led practices in breakout groups.

**** Additional Study/practice groups may be arranged during this course****

Videos

*Our Body has Pathways
([youtube link](#))

*Accessing Polyvagal Equanimity
([youtube link](#))

**FREE INTRO CLASS
SUNDAY,
OCTOBER 27TH,
1:30 PM - 2:30 PM
EDT**

**SESSIONS ARE LIVE
AND INTERACTIVE,
VIA ZOOM
FOR FIVE, 2 HOUR
CLASSES- TEN
HOURS TOTAL
COURSE DAYS,
TIMES AND DATES:
Sundays, 1:30 PM -
3:30 PM EST**

**November 3rd,
10th, 17th, 24th
and
December 8th**

Course Fee: \$225.
Early registration by
October 19th is \$200

Questions? Contact
Josef for information
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Please
[click on this link](#) or
scan the QR code
below to register.



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