



*Spiraldynamik*  
intelligent movement

The ultimate user's guide  
to the body

Europe's leading movement  
therapy course comes to the UK

**Spiraldynamik® is a movement and therapy concept based on functional anatomy. It is well established in Europe, with 5000 trained professionals sharing over 30 years experience.**

Spiraldynamik® is the ultimate user's guide to the body. Once grasped, it works in every aspect of your life. Both personal and professional - as well as in therapy.

The spiral is the fundamental building block of nature. It is found everywhere - in galaxies, the DNA and in the human body. Spirals are flexible, stable and space saving. A complex 3D movement can be explained according to the 'Spiral Principle' and easily understood.



**Spiraldynamik® – a breakthrough  
in movement science**

**“Like a sculptor, we shape  
our bodies throughout our entire life.  
But instead of using a hammer and chisel,  
we do so through movement”**

**Dr. Christian Larsen, Co-founder of Spiraldynamik®**

The Basic Med & Move course is the Spiraldynamik® basic training for people who have completed a professional education in the field of medicine, therapy or movement science. We welcome physiotherapists, other allied health professionals and Pilates, yoga, dance and fitness instructors.

This course will explore the relationship between anatomy and movement potential, in theory and practice. You will be taught a comprehensive approach to human movement coordination and learn to recognise and classify individual posture and movement habits.

#### COURSE TOPICS

- ▶ The ABC of anatomically intelligent movement
- ▶ 3D movement analysis
- ▶ 3D mobilisation and bodywork
- ▶ Application of the principles to training, therapy and everyday life
- ▶ Personal growth and development

## Info

**DATES** April 30<sup>th</sup> - May 3<sup>rd</sup> 2020  
September 10<sup>th</sup> - 13<sup>th</sup> 2020  
November 26<sup>th</sup> - 29<sup>th</sup> 2020  
April 15<sup>th</sup> - 18<sup>th</sup> 2021  
Thursday to Sunday from 9am - 5pm

**LED BY** Monica Fischer Straub  
Physiotherapist, Ortho-Bionomy® Pract.,  
Slings Myofascial Training®  
Paulo Kadow  
Pilates instructor, movement therapist

**PLACE** London Rehearsal Space  
Studio 1 - 4th floor  
Templeton House 33-34  
Chiswell Street  
London EC1Y 4SF

**COST** £ 2500  
10% early bird discount with registration by  
Dezember 15<sup>th</sup>

For more information visit [www.spiraldynamik.co.uk](http://www.spiraldynamik.co.uk) or  
contact Paulo Kadow: [paulo.kadow@spiraldynamik.com](mailto:paulo.kadow@spiraldynamik.com)

*Attend on all dates to complete the four modules of the Basic Med & Move course.*

Basic Med & Move course:  
Spiraldynamik® basic training for professionals





For more information & registration  
please visit [www.spiraldynamik.co.uk](http://www.spiraldynamik.co.uk)

**Spiraldynamik® UK**

Paulo Kadow

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