

A photograph of four people (one man and three women) in a gymnasium, performing a movement exercise. They are all wearing white tank tops and jeans. The man on the left is wearing a cap and brown shoes. The three women are wearing high-heeled sandals. They are all standing in a line, with their arms raised and hands clasped together, and their legs crossed in a dynamic pose. In the background, there is a basketball hoop and a brick wall with large windows.

art of motion

education for movement professionals

Comprehensive · Innovative · Holistic

Slings Myofascial Training®

Curriculum

Slings Myofascial Training® Education

What moves us? Three words that have been on my mind for a number of years. Rather than looking for exclusive answers, I let them inspire me to create a movement concept that values science, functional anatomy, humanness and the imponderable alike. I called it Slings because of the myofascial slings that modulate motion and the somato-psycho-emotional-social slings that motivate our movements.

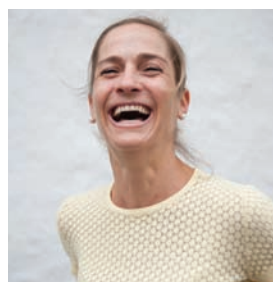
Slings is a holistic movement concept that can be incorporated into all body-minded practices. The elaborate fascia-focused training aims for structural integration, functionality and inside-out wellbeing through conscious movement. High aspirations that come with short-term and long-lasting benefits!

Over the last 7 years I have developed the Slings movement concept – and I dare say that it is unique in its composition. The guiding principles and applied myofascial training techniques are science-informed and experience-led, which provides a sound base to move from. The exercise repertoire and sequences have been successfully practiced and taught by myself (of course), art of motion educators and the teachers

and therapists who completed the Slings foundation education or achieved their diploma. It works a treat and quite frankly, we are proud of our participants who have ventured into this new movement world with us.

If you are interested in understanding the complexity of the fascial system in-depth in relation to movement and adding a new dimension to your practice and the practice of your clients, then the Slings Myofascial Training education is for you.

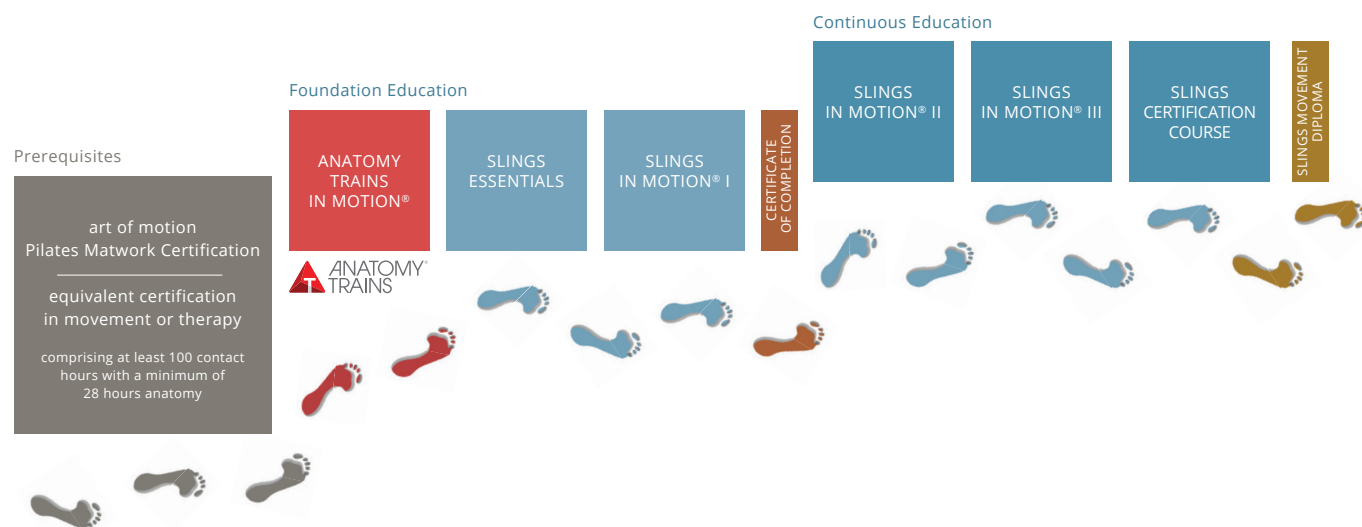
Much success and boundless energy for your unique movement journey!



Herzlich

Karin Gurtner

Founder & Principal Educator
art of motion



Why we do what we do

We believe that knowledge should be shared generously and that holistic movement education requires complex theories to be «translated» into accessible concepts and practical applications to be useful.

Therefore, Karin and her team of experts have been defining, redefining and refining the art of motion curriculums, teaching aids and course materials for a good number of years – and continue to do so. This means that during an education, we can present you with up to date information and give you comprehensive reference material to support your growth as a mover and teacher beyond the course.

Further to that, we love what we do – and that includes all of us. From the people who educate, to those who care for our customers, those who keep the offices running smoothly and those who edit volumes of text and photos.

In essence, we are humans living our passion and believing that education should be an awesome experience – for body, mind and soul.

About art of motion

Founded in 2004 by the twin sisters Karin and Monika Gurtner, and supported by their parents Marion and Kurt, art of motion has grown from a family business of 4 to an education institute with an extended, international family of 30 – and growing.

With the head office in Berne, Switzerland and a long-established base in Perth, Australia, art of motion offers two main curriculums: Contemporary Pilates and Slings Myofascial Training, which includes Anatomy Trains in Motion. Each curriculum comprises an interconnected series of self-contained courses. In Contemporary Pilates we offer a comprehensive matwork certification and a broad spectrum of continuous education courses. The Slings Myofascial Training curriculum is a higher education for certified movement teachers and movement-savvy bodyworkers. It currently consists of 5 modules that lead to a diploma.

If you want to know more about us or see what we look like, visit our website: www.art-of-motion.com.





Foundation Education Module

Anatomy Trains® in Motion

Myofascial Body Map for Movement

Anatomy Trains in Motion is filled with functional anatomy, movement relevant information and practical applications that not only sound good on paper, but also work well in real life.

At the heart of the course are the myofascial meridians. Understanding the 'lines' integral anatomy, workings, sensory qualities and relationships are invaluable for body reading, clear movement intention, lesson planning and teaching. Yes, myofascial meridians are so much more than 'lines' that can be 'superimposed' onto exercises! The essential events of walking, or said differently, the necessary motions for engaging myofascial meridians

efficiently in gait, are a theme that runs throughout the 3 days.

All of the theory is "translated" into movement with lots of exercises, functional sequences and a specifically designed Anatomy Trains in Motion lesson.

If you love integral anatomy and want to gain an extensive understanding of the Anatomy Trains body map through movement, this course is for you.

Duration: 3 days / 21 hours.

Prerequisite: Movement or bodywork certification.

Certificate: Certificate of participation.

Recognised by Thomas W. Myers

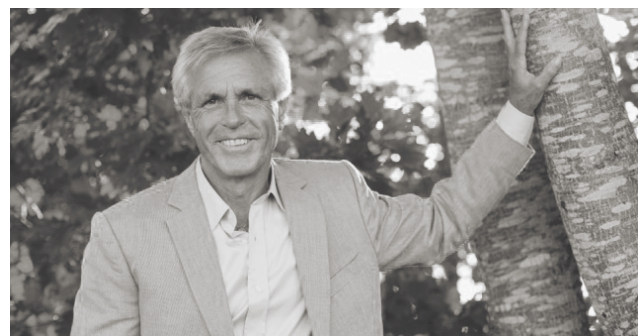
A Word from Tom

«The Anatomy Trains Myofascial Meridian map came out in 2001, and has rapidly become widely used (and occasionally misused) in the bodywork and movement world. Linking the muscles together through the fascial fabric allows us to understand the anatomy of posture and functional movement in a more holistic way than the piecemeal 'origin-insertion-action-innervation' study that has occupied kinesiologists for the last hundred years.

I am very pleased to put our 'stamp of approval' on the concepts and practical work Karin Gurtner has developed – Anatomy Trains in Motion. Karin combines a deep understanding of contemporary movement – especially Pilates, yoga, and mind-body training – together with years of immersion in the Anatomy Trains set of ideas. The result is a benefit to you: Good, sound movement practices, presented clearly and progressively, always within the context of balancing the lines and building integrated movement.

You can approach this work with confidence. It has been thoroughly researched and tested by Karin in her classes, and exemplifies the kind of whole-body involvement and deep inner balance that we at Anatomy Trains are enthusiastic to spread to the children, mothers, and movers of this world.»

Tom Myers





Foundation Education Module

Slings Essentials

Fascia in Motion & Training Concept

Slings Essentials is all about fascia, its role in movement and conscious training. The comprehensive information will serve as a knowledge-base for the Slings in Motion repertoire courses.

The first half of Slings Essentials revolves around fascial architecture, its interactive relationship with other systems and 10 movement relevant qualities of fascia.

The second part is dedicated to the Slings philosophy and the 'Big 6' long-term training aims, followed by the 10 guiding principles and 10 myofascial training techniques. Although Slings Essentials contains a good portion of theory (as tends to be the nature of a science-informed foundation education), getting the body moving is still an integral part of the training. Morning lessons and practical

applications linked to the theory are as much a part of the course as the integral-anatomy-Sudoku that makes fascia so fascinating.

If you are serious about fascia and a comprehensive understanding of its role in movement, this course is for you.

Duration: 2 days / 14 hours.

Prerequisite: Anatomy Trains in Motion. Other approved Anatomy Trains courses may also qualify – let us know what you have done and we will let you know how to start your Slings education from there.

Certificate: Certificate of participation.

Foundation & Continuous Education Modules

Slings in Motion® I, II, III

All Slings in Motion modules are self-contained, practical repertoire courses. Although each Slings in Motion course has a clearly defined theme and a unique exercise selection, they have common features.

Commonalities

All Slings in Motion courses include the following content.

Practical execution of a contrasting blend of:

- Differentiated and integrated multidimensional exercises in all body positions.
- Slow and deep, dynamic and rhythmic, stimulating and invigorating, as well as mellow and melting exercises and movement sequences.
- Exercise variations with and without additional props.

In-depth discussion of:

- Movement execution.
- Functional anatomy.
- Short-term and long-term exercise aims.
- Slings guiding principles.

- Slings myofascial training techniques.
- Purposeful sequencing.

Functionally choreographed, smooth flowing Slings SynerChi movement sequences.

Daily Slings in Motion master classes.

Intelligent Myofascial Training for Independent Thinkers

We foster independent thinking and we really want you to understand each exercise, so you can practice, modify and teach with clear intention and confidence – and have some fun along the way!

If you are a curious mover and individualistic teacher who likes to understand exercises and functional sequencing, the Slings in Motion courses are for you.

We support independent thinking –
and moving outside the box.



Slings in Motion® I

Superficial Back Line & Superficial Front Line

Slings in Motion I is the first of the series of Slings repertoire courses. It revolves around a very influential myofascial meridian duo; the «supportive, quietly persevering» Superficial Back Line and the «protective, proactive» Superficial Front Line of the Anatomy Trains body map.

Duration: 3 days / 21 hours.

Prerequisite: Anatomy Trains in Motion and Slings Essentials.

Certificate: Certificate of participation.

Completion: After completing Anatomy Trains in Motion, Slings Essentials and Slings in Motion I, you will obtain the **Certificate of Completion: Slings Foundation Education.**

Slings in Motion® II

Lateral Line & Spiral Line

Slings in Motion II is an uplifting and energizing course that guarantees functional movement fun. It focuses on the «perceptive, gently winding and unwinding» Lateral Line and the “energetic, gyrating” Spiral Line.

In the spirit of structural integration and for the purpose of movement integration, Slings in Motion I exercise variations are incorporated in this course.

Duration: 3 days / 21 hours.

Prerequisite: Anatomy Trains in Motion, Slings Essentials, Slings in Motion I.

Certificate: Certificate of participation.

Slings in Motion® III

Deep Front Line & Arm Lines

Slings in Motion III is the movement gem that rounds off the first triad of Slings repertoire courses. Its stars are the «authentic and wholehearted» Deep Front Line (aka myofascial core) and the «expressive, far-reaching» Arm Lines.

Staying with the theme of structural and movement integration, Slings in Motion I and II exercise variations are woven into this course.

Duration: 4 days / 28 hours.

Prerequisite: Anatomy Trains in Motion, Slings Essentials, Slings in Motion I and II.

Certificate: Certificate of participation.

Take your practice serious – not yourself



Lucas and Karin in their midst of their happy-practice on Waisenhausplatz in Berne

Diploma in Slings Myofascial Training®

Certification Course

As a modern institute for adult education, we firmly believe that a certification should make you a better teacher. So we don't use trick questions or entangled sentences in a multiple choice questionnaire, nor do we set unrealistic movement goals or encourage empty recitals of anatomy from short-term memory.

The Slings certification course is an assessment of your skills and knowledge as well as an opportunity to refine them, clarify questions and consolidate your understanding.

The two days are a dynamic mix of teaching, moving and quizzing, essay presentations, reflections and knowledge refinement through short lectures.

We encourage you to complete the certification course, because this way, you make the most of your Slings Myofascial Training education.

If you like to gain the most value from an education, the Slings certification course is definitely for you.

Ps: If you feel like me and most of my colleagues, where the timing is never quite right nor is there enough study time, enrol today....

Duration: 2 days / 14 hours.

Prerequisite: Anatomy Trains in Motion, Slings Essentials, Slings in Motion I, II & III.

Certificate: **Diploma Slings Myofascial Training®**, certified as **Slings Myofascial Training Practitioner**



More about Slings Myofascial Training

art of motion training in movement® gmbh

www.art-of-moton.com