



NATURAL MOVEMENT CENTRE

***Personalized Training
for
the Whole Person***

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Integrated Movement Specialist
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The Natural Movement Centre

is focused on training the four components that make up the whole person.

☆ **Self-Talk about it**

Consciously create the direction of the movement using thought in one's own timing.

Mental Body

☆ **Create It**

Have the physical experience to bring one's physical body into form.

Physical Body

☆ **Become It**

Emotionally bond to the interactive physical experience as it naturally takes place within time and space with another life form or thing.

Emotional body

☆ **Embody It**

Attentively honour the recorded experience as it was originally created through the mental, physical, emotional bodies.

Creative Consciousness

Postural Performance Training

Correcting postural (muscular) imbalances, using:

- Functional exercises;
- Integrated movement patterns through eight directions;
- Proper form and technique within specific exercises.
- Whole body training

Benefits

- Improved joint flexibility and range of motion;
- Increased outer strength and inner stability;
- Alignment and integration of the Four Bodies that make up the whole person.
- Enhanced over-all health and well being;
- Understanding one's own body mechanics;
- Optimal efficiency within all eight directions of movement within the physical body.

SERVICES

- ★ Postural form and technique
- ★ Sport specific training
- ★ Injury prevention
- ★ Rehabilitation after an injury Or illness
- ★ Holistic training
- ★ Begin a program
- ★ Design a complex program

Fees (include HST)

One hour consultation:	\$85
One hour training session:	\$75
45 min. stretching session:	\$75
45 min./one hour in home sessions:	\$100
Written reports:	\$200

PROFILE

Blaise approaches each person from a holistic point of view. His abilities can help each person to align their Physical, Emotional and Mental Bodies, in order for them to awaken their own unique creative Consciousness. This allows each person to reach their desired potential.

Blaise is a Certified Medical Exercise Specialist, Integrated Movement Specialist, and Personal Trainer. He has 40 years of practical experience helping people of all ages improve the quality of their movement patterns, ranging from high performance athletes to those coming back from injury or illness.

Blaise uses his vast array of personal experiences to bring each person what they need, based on their past experiences, present desires, and future aspirations.

Blaise has an ongoing agreement with the Victoria YM-YWCA to provide Integrated Movement/Post Rehabilitation/Personal Training Services for their membership, as well as to do consultations for non-members.

➡ High performance and low performance depends upon one's ability to either focus their mental body like a laser, or be distracted like a diffused light bulb.

➡ High performance is:

- 98% mental **Conscious Desire**
- 1% emotional **Interaction**
- 1% physical **Experience**

➡ The mental component that creates one's optimum potential is the passion one embodies to experience the direction of their creative consciousness from moment to moment.