

Natural Movement Training Course

Living Adventure are proud to be hosting a very special day with Advanced Physical Training Instructor and MovNat trainer David Dickinson Wood. David has been a PTI within the army for over 14 years preparing troops to operate in some of the world's toughest and harshest conditions. But you know we're certainly not about Boot Camp style experiences here at Living Adventure. David is in no way your typical instructor. He brings with him an exceptional level of self-awareness and is passionate about empowering others to reconnect with their roots. We'll explore many of the facets of natural fitness, focussing on jumping, crawling, balancing, lifting, carrying, walking mindfulness, situational awareness and self-defence. This is a day dedicated to you and exploring your own fitness. Expect to leave with skills, that we believe, have the power to transform your life. **BOOK NOW 07773689680**

For more specific information regarding the course content, David has very kindly offered up a contact number for questions - [07434254279](tel:07434254279). Parking and toilet facilities are on site. This special day is hosted within a beautiful private woodland conveniently located off junction 38 of the M1. We have multiple shelters and secure storage. You will need to bring your own lunch and loose, comfortable clothing (that you're not afraid to get muddy!) and be prepared for the expected weather conditions. Please note, places are limited to maintain high quality tuition.

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07773 689 680

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A photograph of a person in a forest, captured mid-jump over a log. The person is silhouetted against the bright light filtering through the trees. The forest floor is covered in dry leaves and pine needles. The text 'NATURAL MOVEMENT' is overlaid in large, white, bold letters.

NATURAL MOVEMENT

Engage Your Instincts

16TH JUNE / 20TH JULY / 21ST JULY