



**ANATOMY IN MOTION**  
**FINDING CENTRE COURSE**

*with Gary Ward*

**AiM**

# AiM



Gary presenting in Zaragoza and working with the biomechanics team



Gary is known for solving unsolvable pain in minutes, not months. His passion for the foot hugely influenced his interpretation of human movement. Increasingly sought after by all types of practitioner in the fitness and therapy industry, he teaches an evolution of anatomy and physiology as we know it. An evolution that starts with the foot and results in whole body integrated movement solutions. This approach will add value to your existing training, therapy and coaching techniques, it will change the way you think, challenge your comfort zone and give new life to your work as you too seek to solve the unsolvable in minutes, not months.

## WHAT IS THE FINDING CENTRE COURSE?

Finding Centre Modules One and Two are your introduction to the AiM method where we take a look at the other side of the anatomical coin into the realm of movement for a greater understanding of how to take people from pain to peak performance.

- 1 Are you always looking for ways of getting better longer lasting results with your clients?
- 2 Do you sometimes feel constrained by current ways of anatomical thinking?
- 3 Do you ever wonder how daily movement patterns impact on the musculo-skeletal wellbeing of your patients and clients?
- 4 Are you looking for an in depth insight into human walking gait and it's global impact on the human body?

## **CASE STUDY: A CLIENTS EXPERIENCE**

*“Gary’s very revolutionary techniques really focus on how the body works in unison. Prior to seeing Gary I had seen 3 different physios, all of which seemed good but none were able to help me in the long run.*

*Despite all their efforts I was still not able to run (I would get incredibly bad shin splints - so much so, that it actually hurt to walk).*

*However after 2 sessions with Gary at the beginning of the summer I went out and did a 3 mile run (the first in 2 years) and have been running ever since.”*

*Mik, London*

*“I came to you with what the doctor had diagnosed as sciatica that had prevented me from running for almost a month, with a four to six week recovery diagnosed. You reckoned that after one session the problem would be largely resolved. That was a bold claim, about which I was hugely skeptical.*

*You were right, I was wrong. I was astonished by the difference that one session made. And this afternoon, in the sunshine, I’m planning to go for a run.*

*Thank You”*

*Ian, Bath*

## The AiM Finding Centre programme is split over 5 levels.

Here's what we cover:

### MODULE ONE:

**Day ONE** A first look at muscles in motion

**Day TWO** Basic foot mechanics and influence up the chain and building the first two phases of the Flow Motion Model. (2/6)

**Day THREE** Full body assessment and correction for use the very next day. (Don't forget to bring your injuries)

### MODULE TWO:

**Day ONE** Intermediate foot mechanics, forefoot / rearfoot relationships and influence up the chain. Foot muscles in motion

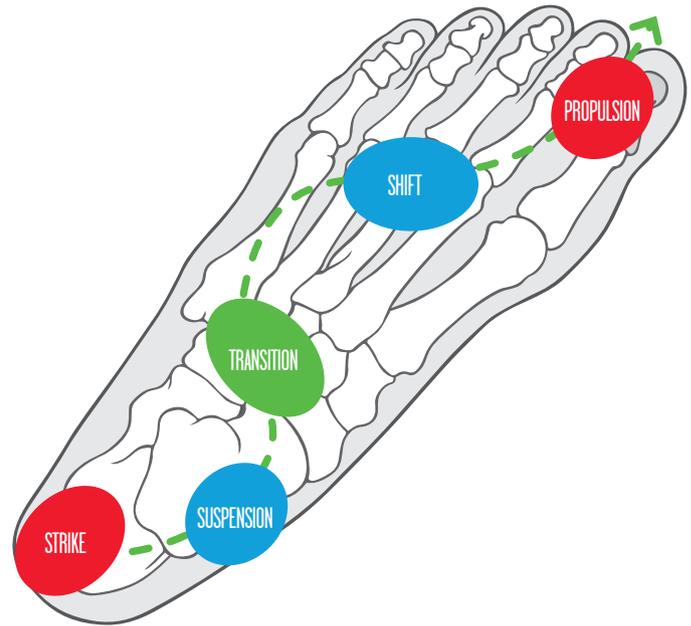
**Day TWO** Building two more phases of the Flow Motion Model (4/6)

**Day THREE** Full body assessment and application and intro to footscan interpretation

### How do we make it easy for you to learn this?

We've learnt over time that learning about movement is based on a high quality experience of it. We know that you can't learn to ride a bike from a powerpoint presentation. This is a highly experiential, hands on (literally) workshop where we will show you how to:

- ➊ **SCAN** the whole body for anomalies in the gait cycle and adaptations in posture
- ➋ **IDENTIFY** the weak links in the chain - the route of ALL imbalances
- ➌ **SOLVE** the problem using the Flow Motion Model and whole body movement's to restore function all whilst teaching the brain how to use the new movements available



**Above:** The Flow Model Model as discussed in the What The Foot book

**Below:** Scanning, identify and solving the AiM way



SCAN

IDENTIFY

SOLVE

### **STUDENT CASE STUDY:**

*"I came to the Finding Centre course having seen the power the AiM method had had in helping those close to me overcome pain that they had accepted would rule their life for ever.*

*The training has changed the way I see the body and has enabled me to become the Osteopath I have always wanted to be. On the penultimate day I had my epiphany as suddenly I was able to visualise the body moving in 3 dimensions.*

*It was like looking into a 3D poster trying to see the image but failing until the final piece of the jigsaw slipped into place. The results were incredible!*

*Thanks guys for enabling me to share this with you....  
The world is never quite going to look the same again!"*

*Dan Baines, Osteopath and Personal Trainer*



## WHAT THE FOOT?

The What The Foot book will be both your introduction to the AiM philosophy and your support manual for the course.

Buy the book here:

[www.whatthefoot.co.uk/buythisbook](http://www.whatthefoot.co.uk/buythisbook)

## PRAISE FOR GARY WARD:

*“Gary’s intuitive approach to therapy is as challenging as it is convincing and the results speak for themselves”*

*Ashleigh Wallace, Technical lead physiotherapist, English Institute of Sport.*

*“Competing for 22 years at the highest level of Olympic competition exposes you to a wealth of physical therapy interventions, techniques and practitioners. You get to know your body very well as you are constantly being treated and you tend to learn which interventions really work. Gary’s philosophy is simply revolutionary and I wish he had been around during my competitive career.”*

*Leon Taylor, Olympic Silver medallist, Men’s 10m synchronised diving Athens 2004.*

## GET IN TOUCH

To find out more please email:

[chris@anatomyinmotion.co.uk](mailto:chris@anatomyinmotion.co.uk)

If you would like register your details for upcoming courses in 2015 and 2016 please state the territory you would be interested in attending:

## I AM INTERESTED IN COURSES IN:

United States	United Kingdom	Ireland
Australia	Canada	Asia
Spain	Other Spanish speaking countries	Other

## What you’ll get from this course is:

- A full understanding of the phases of the Flow Motion Model: how to spot them, assess for them and correct them.
- A whole new way to look at and work with muscles (it’s different in motion)
- How to assess globally and provide movement solutions for instant mind blowing change