



Principles of Movement - A Practical Framework for Facilitating Quality

Movement

Description:

Join **Dr. Brent Anderson**, founder of **Polestar Pilates**, for a full-day immersive workshops designed to bring the Principles of Movement to life. Drawing on more than 30 years of experience in rehabilitation, movement science, and mindful movement education, Dr. Anderson guides participants through a practical, evidence-informed framework for assessing, facilitating, and enhancing movement quality.

This experiential day invites **movement practitioners** to deepen their understanding of how integrated movement principles can transform both teaching and practice.

Rather than focusing on the quantity of movement, participants will learn to facilitate the quality of movement—how it feels, functions, and connects the body and mind. The workshop explores the powerful intersection of **motor control, biomechanics, fascia, pain science, and behavior**, providing tools to create meaningful change in clients' movement experiences.

Participants will learn how to:

- Harness tools such as **breath, mobility, dynamic alignment, control, and coordination** to improve movement efficiency, performance, and satisfaction.
- Apply the **Principles of Movement algorithm** for exercise selection, treatment planning, and movement problem solving.
- Use **verbal, tactile, and imagery-based cueing** to enhance client engagement and outcomes.
- Integrate new understandings of **fascia, pain interpretation, and behavioral influences** on movement.
- Bring greater awareness, adaptability, and purpose to their movement practice—whether in the clinic, studio, or classroom.