

Optimal Performance

“The most amazing thing about awareness is what happens when there is a lack of it!”

It’s easy to assume that everyone knows how to work and move efficiently. And yet, **billions of dollars are spent each year** treating physical problems that could have been prevented and billions more are lost to errors and waste that are attributable to inefficient movement, fatigue and stress. Evolution Through Movement partners and consultants make it possible for companies to reverse those trends through the use of breakthrough developments in neuroscience.

The Science of Body Maps

Each part of yourself is mapped in your brain – literally. You have touch maps, motor (movement) maps, as well as visceral (internal organ) maps.

Each of your fingers, each hand, your cheeks, your lips, your eyebrows, your shoulders, your back, your hips, your knees, your feet, etc., are ALL mapped in your brain.

The way in which these maps have developed varies greatly from person to person, with the majority of the population falling into the underdeveloped and/or dysfunctionally developed category.

As central as these body maps are to your being, you are only glancingly aware of your own embodiment most of the time.

A Useful Analogy

If you worked in construction, you would view these body maps as the foundation for your building. If a structure is built on a poor foundation, it will inevitably and always have issues.

The weak foundation will shift, walls will crack, floors will settle, and window and doorframes will shift causing even more inefficiencies. This will eventually lead to you having to have the foundation bolstered or reinforced.

...but only after significant amounts of time & money have been devoted to fixing all those problems along the way.

Starting from a more solid foundation, all of those headaches, all of that lost time, and all of the stress and anxiety that goes along with it could have been easily avoided.

By taking steps to develop and refine your employees' brain and nervous system, you and your company will be in the forefront of the paradigm shift that is occurring due to our ever increasing knowledge of how the human system works.