

Mentorship Level I

CANARY WHARF | London | UK



IoM
INSTITUTE OF MOTION

Mentorships

(Learn intensively, ask questions, practice creatively.)

Increase Your Expertise

Understanding current exercise science will change the way you describe and prescribe movement.

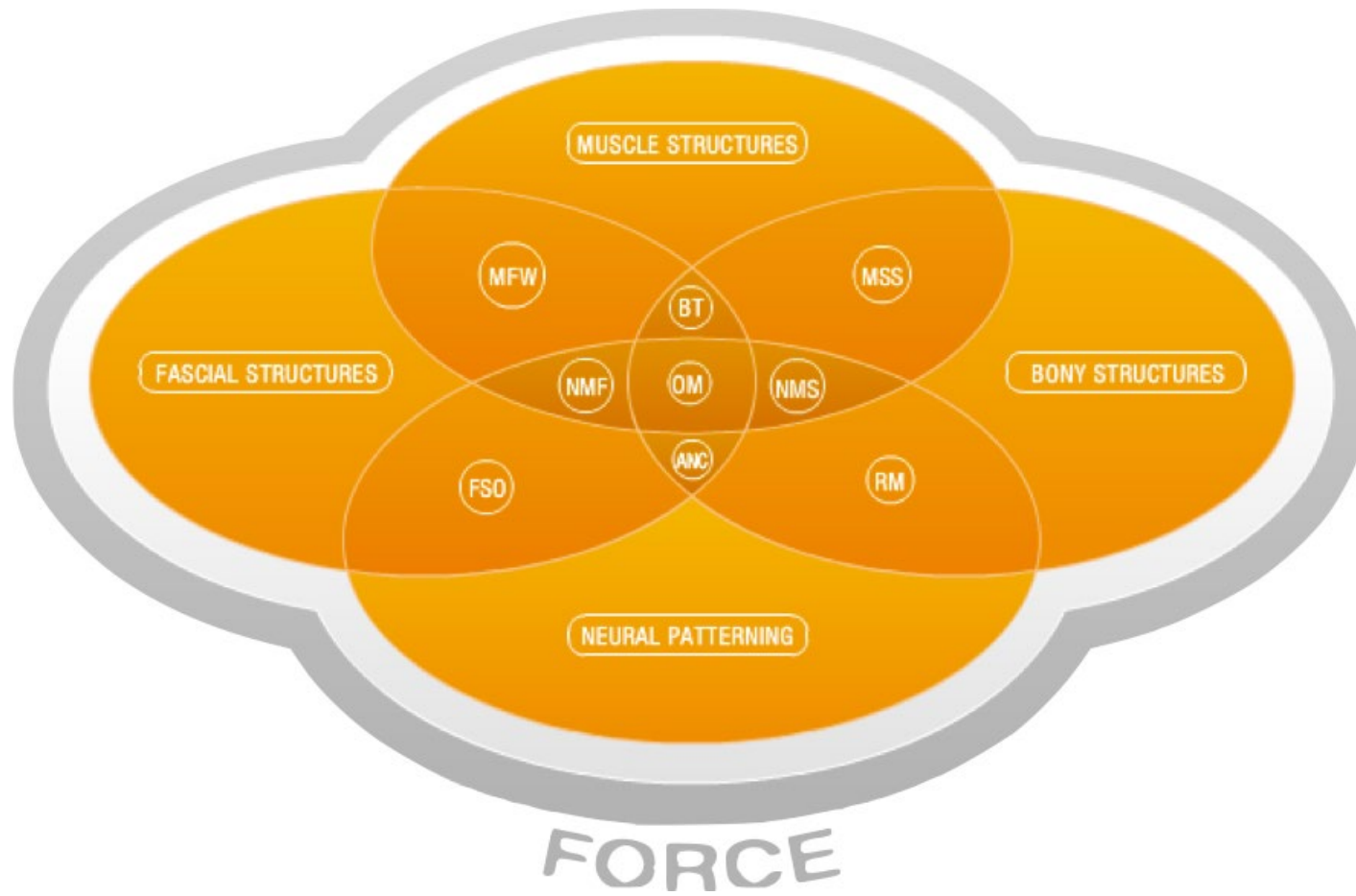
Energize Your Coaching

Focus on programming organization, structural variety, and balance and explore new methods: Ground-to-Standing, Loaded Movement Training, Warding, Shifting, and more.

Community = Opportunity

Join a global network of professionals who think about movement a little differently.





IoM Method

This underpins everything you will study at the Institute of Motion. Examine the intersection of muscle, fascia, bones, and the nervous system. Study the forces and properties at work in the truly integrated system that is the human body. In **Level I**, we spend most of our time on the IoM Program Design: a method that adopts whole-body integration as its guiding principle while including traditional training methods.



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6-Step Exercise Design

Learn how to manipulate exercises to change tissue stresses - how does a split stance affect the body differently during a dead lift? What changes when the load is pushed to the anterior at chest height instead of anterior-lateral at head height? Over several workout sessions, we connect theory with action to energize your coaching immediately.



4Quadrant Training Model

Design workouts that balance different types of movement. Learn how this balance is critical for injury prevention, functional improvement outside the gym, and sustaining the body through intensive training.



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Mentorship Details

Level I - London, UK

Your hosts: Harry Thomas and Ben Camara of No1 Fitness Education
£1000 (Meals, Accommodation and Travel not included except where noted)

Learn.

No1 Fitness - Canary Wharf

32 Mastmaker Court,
Mastmaker Road,
London E14 9UB
Tel: 0207 621 1312
canarywharf@no1fitness.co.uk

Travel.

Heathrow (LHR), Gatwick (LGW), London City (LCY), Luton (LTN) and Stanstead (STN) airports service connections to most cities, and most airlines. Each airport connects to London's downtown via train, tube, or shuttle. We recommend you arrive on Thursday in anticipation of an early morning on Friday. We expect to finish around 17:00 on Sunday.

Eat.

Lunch will be provided from fresh, local restaurants. Students are responsible for all other meals. There is *never* a shortage of interesting eats in London.

Fun.

Join us for early morning workouts before breakfast each day. Look forward to the afternoon applied sessions, guest speakers (schedules permitting), and get kitted out with IoM swag!

Bring.

- > Workout clothing and footwear
- > Water and snacks
- > Tablet or smartphone for IoMPro
- > Note-taking supplies: you may want pens for marking up the workbook, even if you're a laptop note-taker.

Sleep.

Nearby Accommodations

Britannia International Hotel: <https://www.britanniahotels.com/hotels/the-international-hotel/>

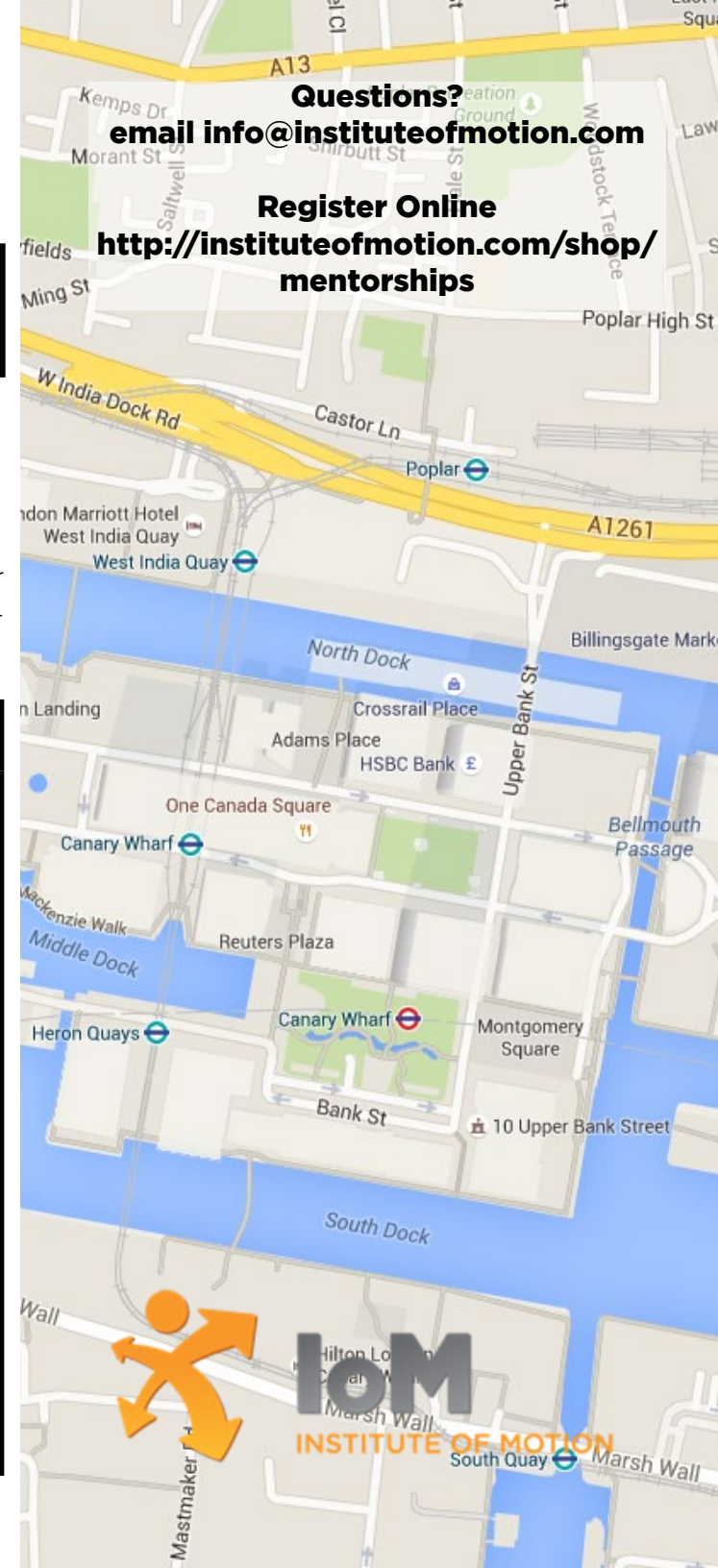
Airbnb rentals: <https://www.airbnb.ca/s/London--United-Kingdom?locale=en>

Marlin Apartments: <http://www.marlinapartments.com/canary-wharf-apartments.html>

Tune Hotel: <http://www.tunehotels.com/my/en/our-hotels/london-canary-wharf/>

Students are responsible for booking their own accommodations. Please email us if you need help planning your trip.

info@instituteofmotion.com



Questions?
email info@instituteofmotion.com

Register Online
<http://instituteofmotion.com/shop/mentorships>

About **IoM**

At the Institute of Motion, we are keenly curious about human movement. We ask questions. We investigate the evolving science of human design, function, and performance. Then, we create robust programs and tools that turn our discoveries into practical skills such as movement assessment, exercise design, balanced program planning, and training for life's movement demands.

Students of human movement come to IoM because they are curious.
We like to help them stay that way.



PETE MCCALL
SCIENCE OFFICER



DEREK
VANDENBRINK
INFORMATION OFFICER



MICHOL DALCOURT
FOUNDER



DERRICK PRICE
PROGRAMMING OFFICER



JOHN SINCLAIR
PROGRAMMING OFFICER

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STAY CURIOUS! — The **IoM** TEAM 