

# COURSE GUIDELINES

## THE STRESS-LESS METHOD

Youthful Movement Principles - We believe that when we were children (2-11) that this is when the majority of humans moved their best and our intrinsic way of being. So our programmes are designed in a way which restores back this movement capability (OR EXPANDS IT) which has been lost by habitual unconscious poor movement patterns coincided with lack of movement (sedentary lifestyle).

Breath-work - The power of breath has been the most under-utilised weapon against stress. We inherently know that if we feel angry, we should take a deep breath and this asset can help us many other scenarios. We give you the most up to date scientifically proven techniques to reduce stress, increase recovery and regulate your state.



The Stress-Less Method  
[www.thestress-lesslife.com](http://www.thestress-lesslife.com)



## **DAY ONE**

### **Part One: Basic Principles of Youthful movement**

- What is youthful movement
- Why we want this function back?
- Explain areas where people have most issues in modern society
- The link to modern day training

### **Part Two: The Hip Hinge**

- Movements where the hip hinge is utilised
- Show the mechanics of a good hip hinge
- Give examples of stretches done incorrectly
- Examples of good stretches & what is considered good range of motion

### **Part Three: The squat**

- The history and usefulness of the squat
- Show what a good squat should look like...
- Key Areas
- Show exercises and stretches for these
- Nervous System

### **Part Four: Breathing mechanics:**

- Importance
- Mechanics
- Connected with Body
- Practical
- Breathing during holding exercises

## **DAY TWO**

### **Part one: Shoulder mobility**

- What is considered healthy shoulders
- Demonstrate the different movements of the shoulder
- What equipment could I use to check if someone has healthy shoulders
- Common Movements
- Common Mistakes

### **Part two: Hips**

- Visual assessment
- Visual Assessment 2
- Glute stretches

### **Part three: Integration with Current Programme**

- How to incorporate youthful movement into a programme?

### **Part four: Visual Practical Assessment**

- Structure of programme