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Session # 331

## PRIMAL PLAY

**Description:** Time to experience a fusion of movement, mindset, and play, based on animals and primal patterns, rolling, locomotion, and integration. Consider your body as one muscle with 656 compartments all controlled by your brain. When you change your mindset and adapt to your environment, you can change your body and change outcomes. Movement mastery means you have fluidity and can control timing. Walk away with new strategies to achieve a flow state during movement, for increased brain health and physical longevity.

The brain and body are connected through neural pathways made up of neurotransmitters, hormones and chemicals. These pathways transmit signals between the body and the brain to control our everyday functions, from breathing, digestion and pain sensations to movement, thinking and feeling.

According to the Oxford English Dictionary, one of the definitions of play is: to wield lightly and freely; to keep in motion.

Studies show that play improves memory and stimulates the growth of the cerebral cortex. Play has also been shown to trigger the secretion of brain-derived neurotrophic factor, a substance essential for the growth of brain cells.

By connecting our breath, brain, and body through purposeful breathing techniques, brain games, and fun, playful movements, we can improve brain functionality, posture, as well as physical performance.

1. **Breath:** Breathing is the link to all movement. Respiration supplies the necessary oxygen to enable movement but perhaps more importantly, it is linked with brain activity. Focused breathing is the foundation for the brain-body connection which can aid in both stress reduction and improving human movement. Stress is physiological and psychological.

- <i>Poor breathing vs proper breathing</i>	
- <i>Diaphragmatic breathing</i>	
- <i>Bolt test / bolt score</i>	

- <i>C02 tolerance test</i>	
- <i>Box Breathing</i>	

2. **Brain:** Activity helps build brain structure since there is a direct link between cognitive development and movement. There are a variety of activities that could be classified as “brain games,” which are anything that stimulates your brain. Each practice can improve different cognitive functions like memory, problem solving, and critical thinking.

- <i>Stroop Effect Test</i>	
- <i>Fist vs Flat hand</i>	
- <i>OK sign vs Peace Sign</i>	
- <i>Finger circles in opposite directions.</i>	
- <i>Earlobe and nose</i>	
- <i>Neuroplasticity</i>	Neuroplasticity is the ability of the brain to form and reorganize synaptic connections. Major benefits are seen when you practice brain training because this allows for neuroplasticity to work its magic.

**3. Body:** Primal bodyweight movement improve strength, mobility, flexibility, endurance, posture, balance, coordination, and (most importantly) FUN. To move with less effort and tension develops your central nervous system to move better. Now it's time to have fun and inspire PLAY!

<p>- <i>Rolling patterns</i></p>	<p>"Move independently, yet as one" - daily baseline test</p>
<p>- <i>Wrist Patterns</i></p>	<p><i>Primal movement preparations for ground work.</i></p> <ul style="list-style-type: none"><li>- Wrist rock</li><li>- Clockwise, Counter Clockwise</li><li>- Supine vs Prone</li><li>- Wrist Figure eights (the Wanderlei Silva)</li><li>- Flick water</li></ul>

- *Primal Patterns*  
(*locomotion*)

1)

2)

3)

4)

5)

6)

7)

8)

9)

10)

11)

12)

12)

13)

- *Play Patterns (Connecting Primal patterns)*

*"Slow is strong, and smooth is fluid".*

1) *Add On*

2) *Mirror*

3) *Chameleon*

4) *Coaches Cha-Cha-Challenge*