



# Move Freely

Love to move and move to be free.



## Hello,

My name is Dr Bhatia. I am a GP, well being consultant and founder of Humble- an organisation that helps us bring out our best.

## Do you move freely?

We are made to move, it's how our bodies are nourished and our minds are expressed, helping us look and feel good.

But modern life doesn't make it easy with sedentary lifestyles and restrictive clothing. Trying to exercise helps but sometimes it makes moving an unnatural chore, making it less fun as well as generating inflammation and injury.



## The good news

We've simplified the science to teach you 4 movements that naturally nourish your body and mind. They don't take long to learn and help you enjoy exercising again.

**Roll** - Reawakening your integrity

**Crawl** - Recalibrate and balance

**Rise** - Respond and exercise effectively

**Fall** - Relax and release tension

## Exercise effectively

From this foundation we help you develop your: Stability, strength, speed, stamina, suppleness & spontaneity.

## You are unique

So we help you find movements that are fun and fit into your day.

To find out more get in touch at [www.humble.info](http://www.humble.info)

