

No Limits

A Practical Guide To Better Movement & Better Living



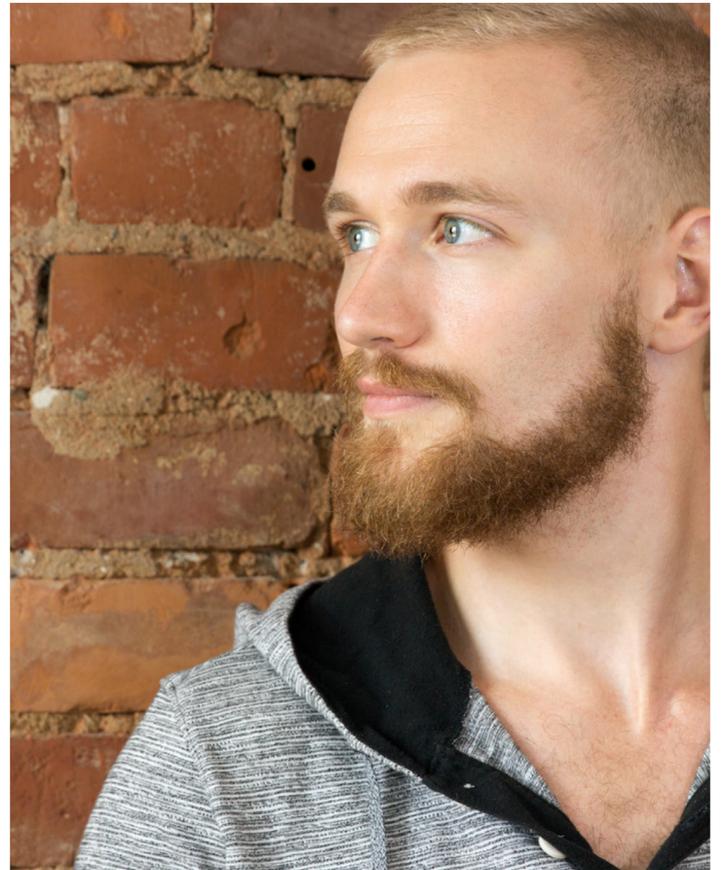
Hey there! I'm Chandler Stevens.

I'm here to help you make sense of your body and your life so that you can:

- * Restore better movement,

- * Find a stronger connection to your body, and

- * Thrive in your day-to-day experience.



If there's one thing I know, it's that being able to move better makes life better.

The more your body can do, the more you can do too. This is more than party tricks on Instagram and Facebook (although handstands are fun, I'll admit :)).

It's a fact that the more trust and connection you have with your body, the more you can engage with the world around you. Let me share a story with you as a real-world example:

Back in February my girlfriend and I decided to go to the park in the middle of the afternoon. It was unseasonably warm out (70°!), so we couldn't resist.

We walked down to the creek, balancing from rock to rock. We crouched down looking for shells, and after skipping a few stones, we hopped across to the other side.

We went further down to a couple of sweeping, fallen trees where we kicked our shoes off and clambered up, stemming from branch to branch to get to the top.

We climbed and crawled around a bit more, watched the water roll by, and then slowly headed home.

It was such a simple experience.

But it's one we'd never be able to share if we couldn't move well.

Your ability to move (and be moved) is your ability to connect with the world around you and the people who matter most. That's who you truly thrive.

That's my wish for you, and it's why I put this guide together in the first place.

But it took me a long time to get to this point.

After years of frustration with conventional approaches, I was tired of spinning my wheels. I went back to the drawing board and explored every possible avenue to find a new solution.

Along the way:

- * I worked with experts in natural movement and somatic education,

- * I studied psychology and the nervous system,

- * I went through therapy and years of coaching from leaders in dance, mobility, and more.

One day I crossed a threshold.

I started connecting the dots between aspects of my own experience, and things began to click into place. I found more ease in my own movement, and more fulfillment in my life.

These days it feels like I'm buzzing on connection: to myself, the world around me, and the people in my life.

I've reclaimed a feeling of spontaneity, direction, and wholeness, and it was all through this unique approach I've come to call Ecosomatics.

Looking back, the process seems so simple, and over many years of coaching clients around the world, I've found that there's a consistent formula we can use to find more ease, more clarity, and more direction in our movement and our lives.

In order to do so, we need to understand the two BIG reasons why we accumulate tension in the first place. I'll walk you through them in the following pages.

Getting To Know Your Body

First things first: your body is naturally geared to be capable and mobile, so why do so many of us lose that capacity over time?

We owe it to a natural law of physiology called the SAID principle, Specific Adaptation to Imposed Demand. It's the idea that your body is constantly changing and adapting in very specific ways based on what it's coming up against. For example:

- * You fatigue muscles and stimulate tissue adaptation.
- * You eat plenty of healthy fats and trigger beneficial hormonal responses.
- * You meditate and create new neural pathways.

The things you do with your body shape it on a cellular level. But the SAID principle extends beyond that. It takes into account the big picture context of your life.

You can think of your body and made up of trillions of cells and trillions of choices you've made throughout your life.

Which brings us to the two big causes of psychological and physical tension, the two things that hold us back from the lives we want:

- 1) The Evolutionary Mismatch: you're living outside of the conditions that make you, as a human animal, thrive
- 2) The Somatic Mismatch: you're living outside of the conditions that make you, as a person, thrive.

Most of us can relate to one more than the other. These two mismatches are the BIGGEST sources of tension and dysfunction in people's lives. They leave you feeling stiff, achy, stressed out, and out of control.

Luckily they aren't life sentences. You can make a change once you know what you're up against. Let's start with The Evolutionary Mismatch.

The Evolutionary Mismatch

At the end of the day the big, messy problem is one of context.

We humans are pretty interesting...we're self-aware animals, and we live in a completely unnatural environment of our own making. Too many of us struggle with symptoms of this strange context:

- * We can't move well, and we grow more and more frustrated with our bodies
- * We lose touch with the natural world, and we wonder why we're depressed and anxious
- * Our relationships are strained, and we feel alone even with other people
- * We live in climate-controlled boxes and spend more time looking at screens than at other people

If we want an idea of how to move forward, we can ask ourselves three questions to find clarity and direction:

1) WHAT DID THE HUMAN ANIMAL EVOLVE TO DO?

We don't know the specifics what the human animal did over the course of our evolutionary history, but based on contextual cues we can make some guesses:

- * Food didn't exist; plants and animals did. There was likely quite a bit of moving through natural environments to acquire plants and animals. And of course, the decidedly unsexy acts of processing said plants and animals into something we might call food.
- * There was no work and no Netflix. We likely spent a lot of time sitting around in leisure (in fact anthropological studies show that typical hunter-gatherer workweeks are only around 16 hours).
- * We weren't always undisputed food chain champs. As with most other animal species, we'd have to play defense now and then, moving quickly, outmaneuvering or outsmarting the predators.

* We didn't spend much time alone. When survival is at stake, you tribe up real quick. And modern neuroscience has shown us that our brains are geared for social interactions.

* Oh, yeah. Sex. You and I wouldn't be here without it.

If we put this into a rough sketch, humans as we know them came into being frequently moving together in diverse ways through complex environments with plenty of time for rest and relaxation.

2) WHAT DO WE CURRENTLY DO?

By and large, we do large bouts of nothing, with the occasional burst of something called exercise. Instead of moving in order to eat, we've flipped the biological order of things and move to make up for what we ate.

We spend our days in chronically overused positions, staring at screens. And we mainly do it alone, finding more comfort in "Likes" than in real vulnerability and connection. This leads us to...

3) WHAT CAN YOU DO ON A DAILY BASIS TO ADDRESS THE GAP?

Here's where that uncomfortable issue of choice comes into play. What will you choose to do every single day to make up for such a broad gap?

Take a look at your current environment. Do you spend much time outside? Are you trapped in a chair for the bulk of your waking hours? Do you encounter much variety in the surfaces you walk on? How much movement complexity is there in your training and practice?

These things really matter.

When we put our bodies in rigid, unchanging environments, they become rigid and unchanging. One of the easiest way to reduce tension and bring more mobility to your body is to intentionally change up your day-to-day habits and environment.

The Somatic Mismatch

It goes without saying: you're more than a body.

Your mindset, thoughts, and emotional wellbeing affect your body in very real ways too.

The Somatic Mismatch comes down to the fact that you're living outside of the conditions that make you, as a person, thrive.

The old clichés of:

- * Hold your tongue
- * Have the weight of the world on your shoulders
- * Letting life get out of hand

Are more than metaphors. They have major consequences for our bodies and our lives.

I'll give you a couple of examples to illustrate what I mean...

I was working with a coach in Austria who wanted to deepen his understanding of movement and overcome some of his own limitations as well. In our first discussion of his challenges he mentioned difficulty in handstands and pull ups.

Despite his deep understanding of the principles of strength training he just couldn't seem to make headway on these movements. He said that he felt as if he was holding himself back in his training.

Out of curiosity I asked him where else in life he might be holding himself back.

The clear answer for him was in his professional life.

He was taking steps toward full time coaching, but he felt as if he weren't giving his all to it. He was--in his own words--holding himself back, both in his body and his life, and he had never been aware of it until that moment.

Another example is a yoga teacher here in the US who came to me for help dealing with chronic back pain.

She was finishing up a teacher training program and was stumped for what to do to release this tension. No amount of stretching, asana, or breath work had helped.

She said that she just couldn't let go of the tension in her back. As in the example above I asked what else she couldn't let go of.

Her first response was her marketing job. She had been thinking of leaving for years, but kept holding on to it because she had poured so much time and effort into it.

It's "what she always wanted," but it was making her miserable and stressed. The realization shook her, but it gave her a clear direction.

She continued on with her mobility practice, submitted a 90-day notice of resignation, and has been totally free of back pain ever since.

What does this mean?

It means you have a vision of who you want to become. You have an idea of what you could be. There's a more authentic, more fulfilling version of yourself (and your Self) possible.

And you know you aren't living up to your potential.

As with The Evolutionary Mismatch this means there's a gap. This time the gap is between who you are now and who you wish to become.

And again we have to ask ourselves: what can I do every single day to bridge that gap? And what can I do to keep from holding myself back?

It's not easy, but if you're living with this mismatch, you'll feel stuck until you address it and close that gap.

Putting It All Together

So now you know the two biggest causes of tension, The Evolutionary Framework and The Somatic Framework.

One of them might be more relevant to your life than the other, and that's ok.

Now we're left with the question of what happens next?

Early movement educator, F. Matthias Alexander, said:

“People do not decide their futures, they decide their habits, and their habits decide their futures.”

What habits will you craft to have the future you want to live in?

What small steps can you take today--and every day--to give yourself a better tomorrow?

This guide will point you in the right direction, but it's about more than a "to-do list" of exercises. This is a call for a whole new way of being.

If it sounds daunting, don't worry: I've put together a free follow-up video training that explores simple steps you can take to restore better movement, find a stronger connection to your body, and thrive in your day-to-day experience..

I'd love to share them with you. Simply click below for instant access. Think of it as a "choose your own adventure" approach to movement and mindset.

What will you start with? The Evolutionary Mismatch? Or The Somatic Mismatch?

[Click here to explore
The Evolutionary
Mismatch Solution](#)

[Click here to explore
The Somatic
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