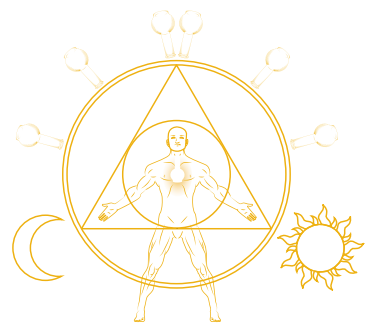


Physical Alchemy is an *Art of Re-patterning*. Re-patterning work is a framing metaphor for the use of my of physical cultivation, stretching and awareness exercises to evoke re-enchantment in humans. The guiding principles are explicitly not those of fitness, performance, health or wellness (though some or all of these may occur as beneficial collateral). Training is to free oneself of unconscious and habitual patterns of motion, speech, behavior, gesture and posture – and to forge onward into the unknotting of breathing, mind and emotional patterning.

Re-patterning Stretching utilises stretching exercises to simultaneously focus upon increasing range of motion (flexibility) and upon increasing the quality of sensory impressions from the new area – but with a hierarchy towards the sensory impression quality. The intention is not so much on the maximum flexibility at all costs - but in combination with the quality of the ‘*cooking process*’. We are using stretching here as the primary vector in an internal alchemical process – as tissues on stretch ‘light up’ in the awareness more strongly and can be focused on and *worked* in a number of interesting and specific ways. Doing things this way produces emergent results not gained via most other forms of stretching (as well as becoming more supple).



PHYSICAL ALCHEMY: Re-patterning Stretching Classes



This syllabus also makes use of a number of advanced ‘nuclear strength’ stretches and multiple assistance strategies for working on the body (when it has undergone thorough preparation, of course) which are applied in a different way and are for experienced practitioners only. These body *tessellation* level stretches are truly remarkable re-patterning tools and produce faster results. And they are fun, too!

Soft Body Skills of all types are also included in class: self-massage and soft tissue work (utilizing both Eastern and Western perspectives), body and spatial awareness practices, suppleness and stretching exercises for solo practice. This also has a soft tissue *textual* component – what is the palpable *quality* and health of the tissues, besides their movement capacity. It aims at reducing the amount of unconscious ‘parasitic’ tension in the body and freeing up wasted habit-energy.

Exorcising the Breath (releasing and re-patterning dysfunctional breathing patterns), *Freeing the Blood* (removing stagnation and blocks to flow) and *Deep Physical Relaxation* (learning to activate the *Relaxation Response* in the parasympathetic branch of the autonomic nervous system and bring the experience of deep physical relaxation to the body) are essential aspects of this. These skills are beneficial for survival (and “thrival” – if that is a word) in the uncertainty, stress, increased information saturation of the 21st century.



Dave Wardman is the creator of the *Physical Alchemy* method. *Physical Alchemy* is a re-patterning, physical cultivation and alchemical method I teach based upon my studies, training and experience in the last 14, or so, years. It is an *Art of Re-patterning* – just as there are martial arts or performing arts. The method begins with *transmutation of the physical body*.