SLINGS ESSENTIALS

Edition 2021

12 TRAINING AIMS

1. Dynamic Stability
2. Multidimensional Strength
3. Limberness
4. Movement Rhythm
5. Spring
6. Tissue Nourishment
7. Adaptability
8. Resilience
9. Somatic Trust
10. Movement Courage
11. Mañana Competence
12. Kinaesthetic Intelligence