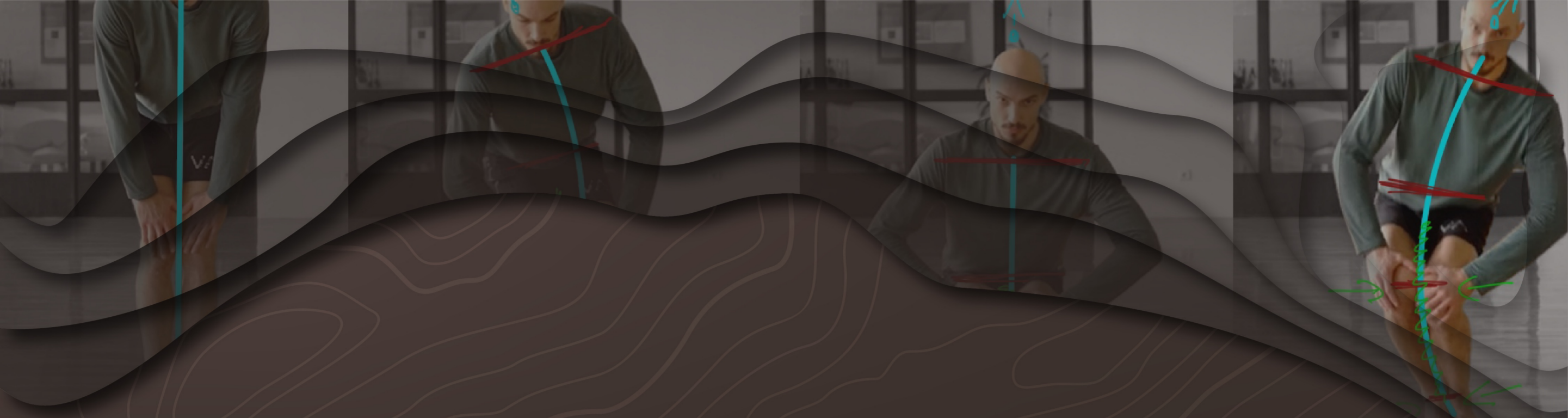


A hand holding a green leaf against a background of topographic map lines. The hand is positioned at the bottom center, holding the stem of a single, vibrant green leaf that extends upwards. The background consists of dark, wavy, concentric lines that resemble topographic map contours, creating a sense of depth and texture. The overall color palette is dark and moody, with the green of the leaf providing a focal point.

COMING BACK TO SENSES

The workshop centered around the theme of exploring our unique evolutionary trajectory and human design through means of physical practice and food procurement.

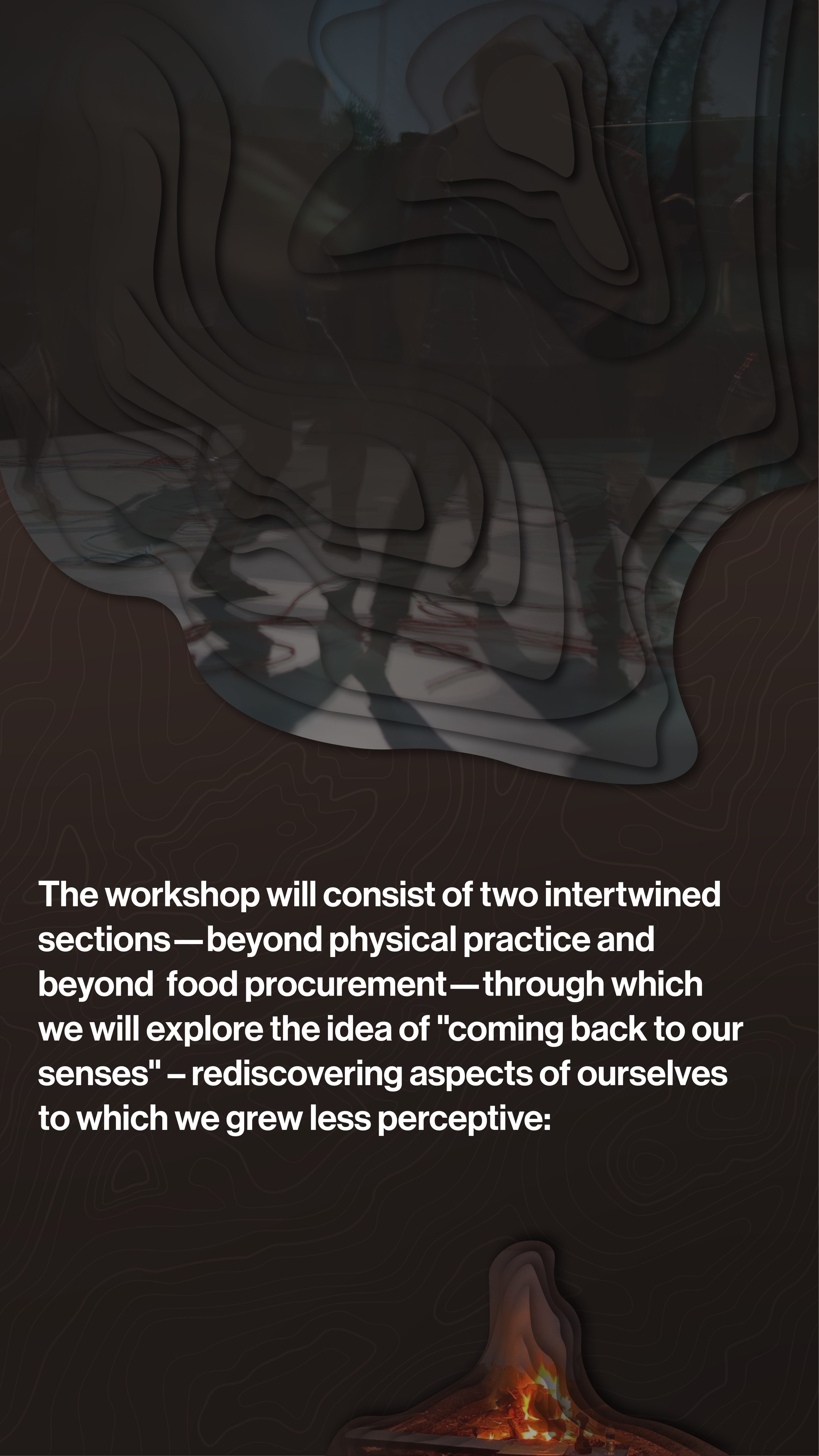
**17-19 & 22 June – Grimsby, Ontario
Taught by Martin Bosy & Scott Daly**



Starting with the question: what was the baseline for our species—in our behavior, in our interaction with the environment and each other—that shaped our structure and physiology to the current form? Once we deviate from these baselines, what are the implications for our physical and mental health and performance, and beyond, in finding a sense of fulfillment, meaning, and joy in our lives?

Together, we will look at the science of what made us the way we are and thus uncover the principles behind our design. All while keeping in mind the things that cross cultures, places, and generations, such as food acquisition, cooking, playing/fighting, dance, art, rituals, and storytelling.





The workshop will consist of two intertwined sections—beyond physical practice and beyond food procurement—through which we will explore the idea of "coming back to our senses" – rediscovering aspects of ourselves to which we grew less perceptive:



BEYOND PHYSICAL PRACTICE

There is no perception without action.

Via the combination of movement-based tasks, we will explore the principles and trade-offs behind our body's core structural and physiological features – from being bi-pedal to the human metabolic strategy. We will seek to comprehend the implications of our evolutionary baggage and how it shapes our relationship with modernity, where our body either lacks many of its former or has too much of the novel stimuli from the outer/inner environment.

IN BEYOND PHYSICAL PRACTICE, WE WILL EXPLORE:

- **The logic behind creating a dynamically changing physical practice that addresses our physical, cognitive and personal needs in particular phases of our lives.**
- **How the way we practice can help us physicalize the challenges we carry in our heads and re-create the narrative of our lives and identity.**
- **How to approach physical practice through the lens of evolutionary biology – understanding the principles behind our design, what are its weak points, and how various forms of physical activities affect our whole system.**



BEYOND FOOD PROCUREMENT

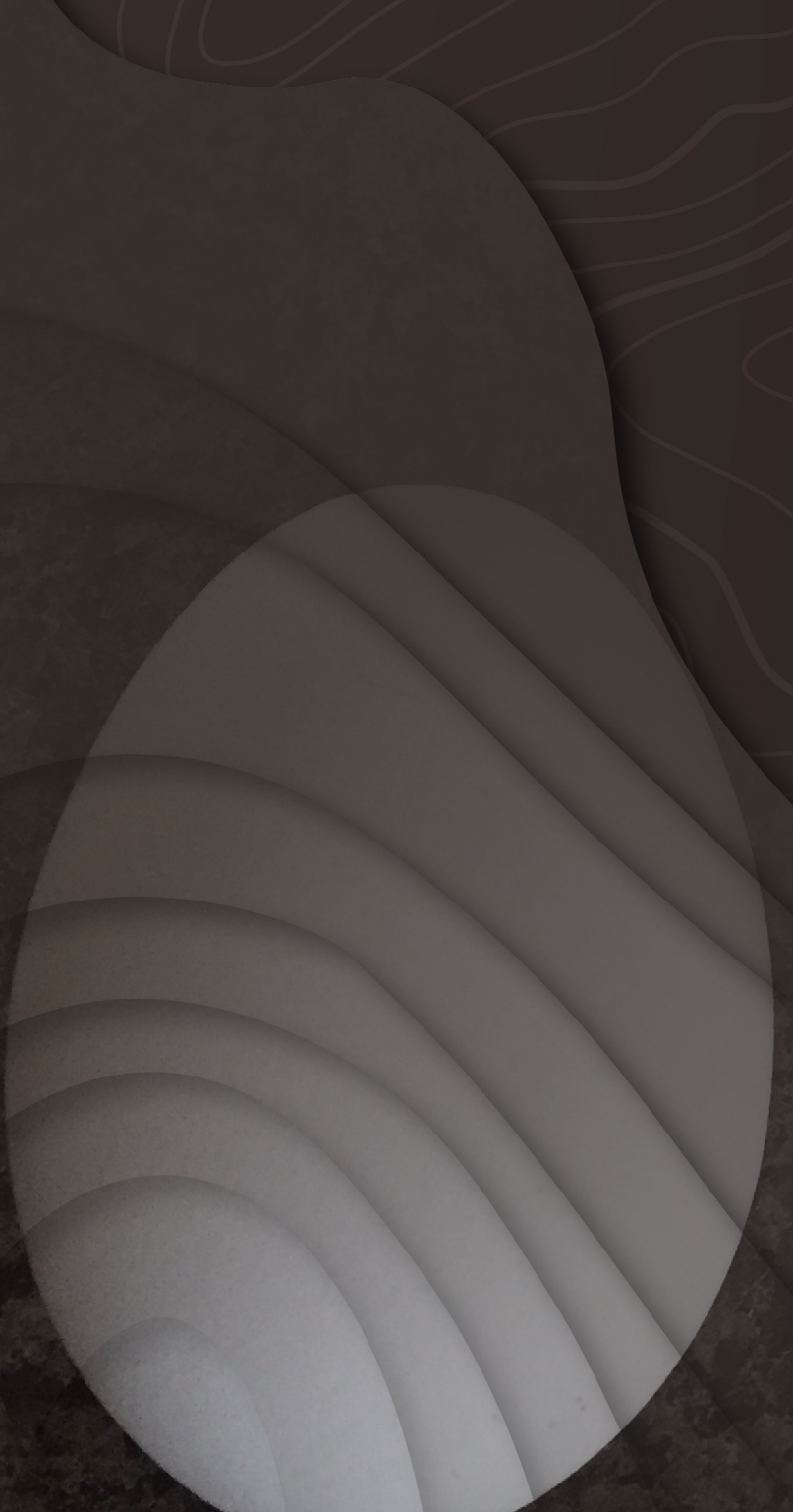
In ecology and evolution, diet is destiny. Following this notion, we will look at how the ancestral heritage of the hunter-gatherer lifestyle shaped the behavior and physiology of our species. We will examine how engaging in these archetypal activities provides us with a plethora of potent stimuli that enhance our cognitive and physical capabilities.

We will focus on developing and deepening the perceptiveness in understanding the outer landscape/environment and our interaction with it, as well as creating a more intimate relationship with the food we eat.





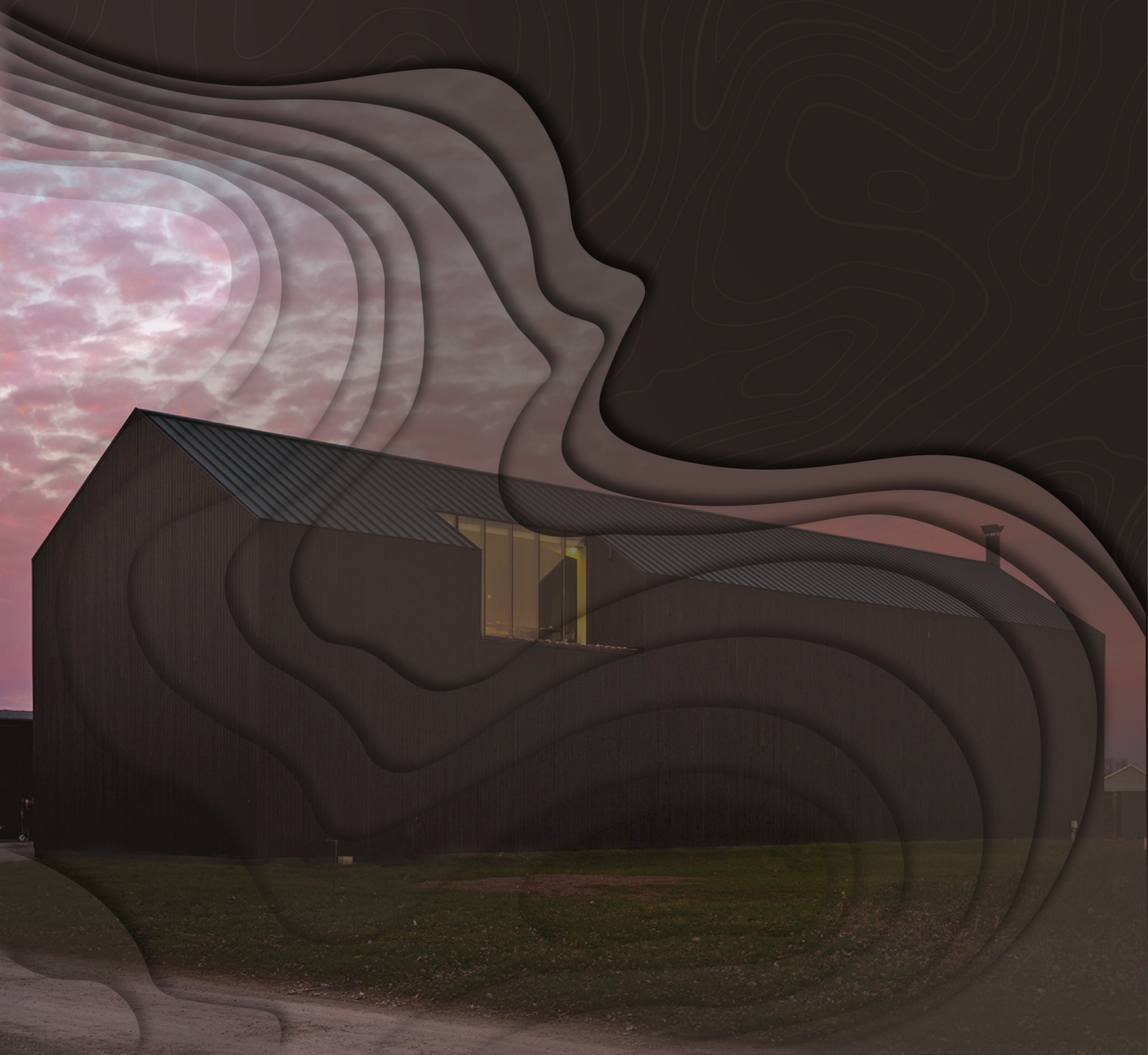
**IN BEYOND FOOD PROCUREMENT,
WE WILL COVER:**

- **How developing foraging and hunting skills can help your ability to understand the seasons and cycles in the outside world and consequently cultivate a better understanding of your own habits, behaviors, and internal cycles.**
 - **How food acquisition, preservation, and cooking shaped us as a species, and how to use this knowledge to improve the digestibility, quality, and flavor of our cuisine.**
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COOKING AS A FACILITATOR OF CULTURE AND CONNECTION:

Following up on the weekend workshop days – we will get together on Wednesday for a guided tour through the sustainable Pearl Morissette Gardens and have a celebratory meal at their restaurant prepared by one of the team members, Sanat Kapila.

Simultaneously, we will use this time for Q&A and reflecting on the workshop's experiences.



WORKSHOP INFORMATION

Dates: 17-19 & 22 June

Location: Grimsby, Ontario

Price: 400 \$

Registration: scott@traindaly.ca

martinbosy.com/en
scottdaly.ca

