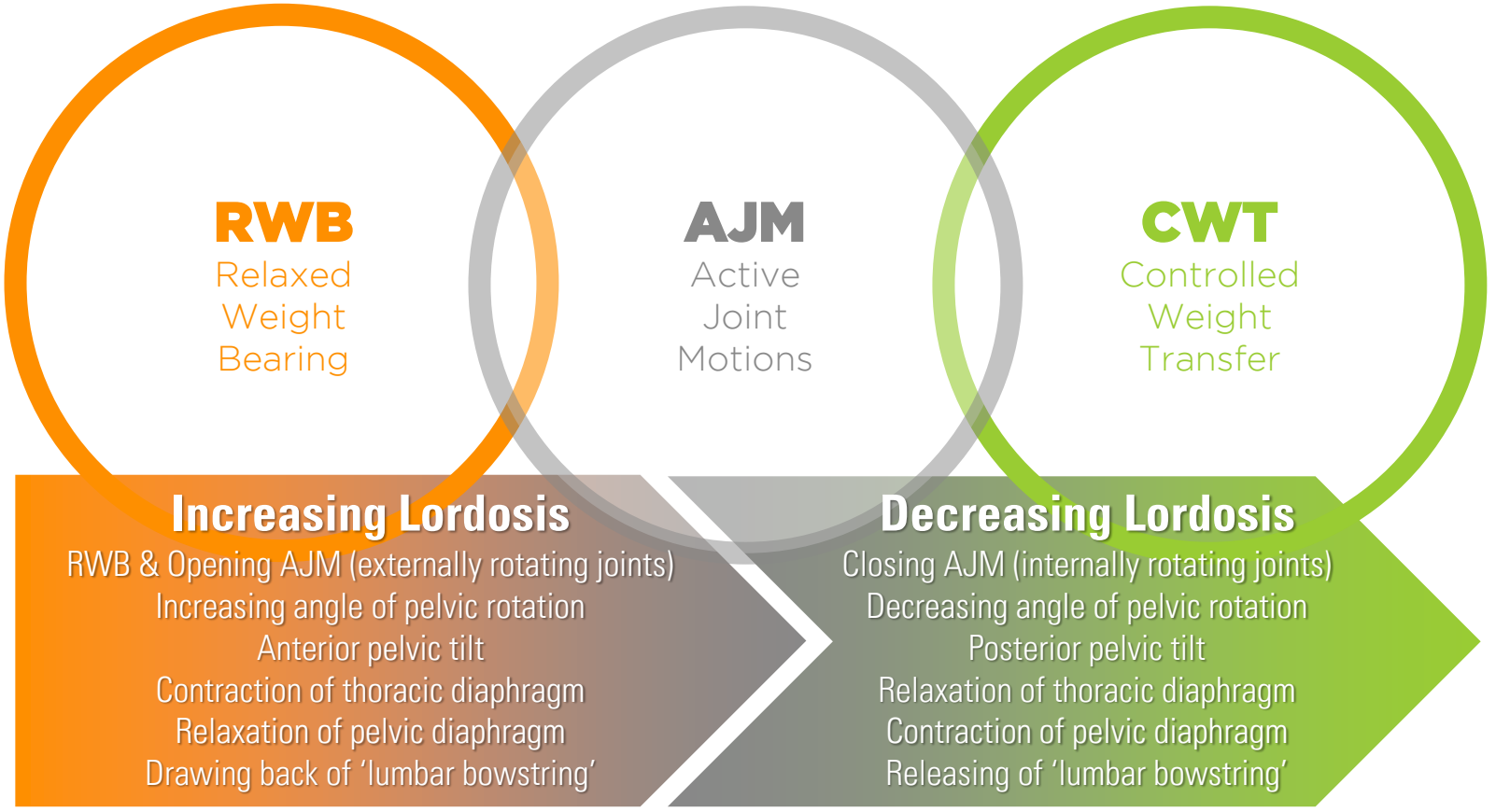
Gravity Control & The Spinal Engine

Driving postural dynamism for optimal efficiency



Cycle alternates between RWB & CWT via external & internal rotations of joints, creating lordotic oscillations that store & release energy for movement