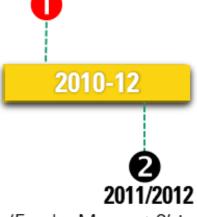
2010/11

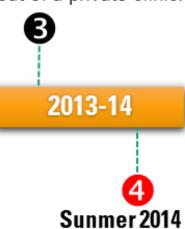
'Eureka Moment 1' in Summer 2010: discovered the secrets of energy efficient walking.



'Eureka Moment 2' in late 2011 led to important discoveries relating to optimal breathing/movement.

2013 and 2014

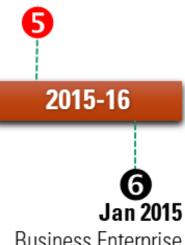
Intensive period of content development, inspired by work as a movement therapist out of a private clinic.



The Energy Efficient Human concept is born, as a vehicle for research & development.

Jan 2015 - Oct 2018

Intensive period of testing. Taught material to 1000+ people in workshops, classes & lectures.



Business Enterprise Fund startup finance secured to work on E2 Human Project & première the content.

Jul 2017

Fully illustrated
Regenerative
Walking (RW)
Beginner's Guide
completed



Model of optimally efficient movement technique developed. Presented as part of RW teaching video.

Oct 2019

Wiggle Walking Pilot Phase 1 funding approved. Work begins, in partnership with Guildford BC.



Final version of Wiggle Walking guide and video content complete (Pilot Phase 1).