

2010/11

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

1

2010-12

2

2011/2012

'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.

3

2013-14

4

Summer 2014

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.

5

2015-16

6

Jan 2015

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

7

2017-18

8

Apr 2018

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.

9

2019-20

10

Nov 2020

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