

Intro to Animal Flow®

Overview

This **90-minute Animal Flow® Masterclass** is a clinic-style workshop designed to *expose health, rehabilitation, and movement professionals* to the Animal Flow system for the first time - not as a workout, but as a movement methodology grounded in neuroscience, biomechanics, and human function.

Animal Flow is a **Quadrupedal Movement Training (QMT)** system built on four pillars and six foundational components that develop coordinated, multi-planar, closed-chain movement. This session blends brief theory, live demonstration, and guided participation, allowing attendees to *experience* why Animal Flow has become a powerful complement to strength training, rehabilitation, and performance programming

This is **not a certification**, and no prior Animal Flow experience is required.

Who This Is For

- Acupuncturists, Physiotherapists, RMTs, chiropractors, osteopaths and similar
- Strength & conditioning coaches and personal trainers
- Movement educators, yoga/Pilates instructors
- Rehab-adjacent clinicians and exercise professionals
- Curious practitioners seeking better movement literacy, variability, and system-wide integration

What We'll Cover (Format & Flow)

Context & Orientation (Brief)

- Animal Flow / Quadrupedal Movement Training (QMT) explained
- Why ground-based movement matters for cognition, coordination, and resilience
- How Animal Flow complements (rather than replaces) rehab, strength, or sport training

Experience the Foundations of Animal Flow

- The **Four Pillars** (Overview)
- The **Six Components**
 - Preparation
 - Beast & Crab Activations
 - Introduction to Traveling Forms
 - Form Specific Stretches (FSS)
 - Switches & Transitions
 - A short, accessible (fun) flow sequence that ties it all together

What You'll Take Away (WIIFM)

By the end of the session, you will:

- Understand the why and what of Animal Flow
- Experience quadrupedal movement
- Gain practical movements you can immediately adapt or integrate into your work or movement & strength regimen
- This session is designed to expand your movement vocabulary, sharpen your eye for quality movement, and offer a fresh lens on human function.

Logistics

Date: Sunday, 24 May

Time: 9:00 – 11:00 AM

(90-minute masterclass + informal discussion afterward)

Location:

Gravity Laboratory – Movement & Strength

Port Moody, BC

What to Bring:

- Comfortable movement clothing
- Socks or minimalist footwear recommended
- Open mind and curiosity

Refreshments & light snacks provided.

There will be time to connect, ask questions, and continue the conversation after the session.

About the Instructor:

Darren Radford is an Animal Flow® Certified Instructor who has completed the highest level of certification (Level 3), training directly with Animal Flow creator Mike Fitch in Denver, Colorado. Darren is also a Regional Leader for Western Canada, qualifying him to deliver Animal Flow Masterclasses and professional education experiences.

Darren is the Founder and Owner of Gravity Laboratory (www.gravitylaboratory.ca) a movement and strength studio in Port Moody, BC, and www.handstands.ca a specialized skill-based coaching platform. He is a Certified Personal Trainer and coach with advanced specializations in Animal Flow, Stick Mobility, calisthenics, handstand training, and rowing. His work is rooted in evidence-backed, clinically informed movement, with a strong emphasis on quality, intent, and long-term resilience rather than short-term performance alone.

Alongside his movement practice, Darren brings a second, equally deep professional background in leadership, strategy, and organizational transformation. He is a management

consultant, university professor, and TEC Canada CEO Chair, working with senior leaders, founders, and executive teams across Canada, US and Europe. He teaches Strategy, Advanced Agile, Innovation, and Decision-Making at the graduate and undergraduate level, and serves as a Board Director.

Darren holds three degrees, beginning his career as a lawyer, before completing an MSc in Leadership and an MBA in Strategy & Transformation at Oxford University (UK). He is a keynote speaker on strategy, leadership, business and IT-enabled transformation, AI and change, with his most recent talk delivered at TEDx Surrey 2026.

What distinguishes Darren's approach is his belief that mind, body, and systems are inseparable. Whether working with executives in the boardroom or practitioners on the gym floor, his focus is the same: improving connection, decision-making, resilience, and performance - in humans and the systems they operate within.

