

SykorovaSynchro MethodSM

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Our overall health and wellbeing results from interactions among genetic, biochemical, environmental and psychosocial factors, which may play a role in learned adaptive responses. This type of response can be unlearned and what was forgotten can be remembered. It is important to educate clients of any age to influence, maintain and improve their physical, emotional and learning abilities (i.e., experience your body the way it is meant to be). With improvement of sensory motor learning abilities, one can develop skills and knowledge not to fight, but rather meet the challenges of life without fear and uncertainty.

As a part of my doctoral thesis, I developed an educational method called the SykorovaSynchro MethodSM by applying multidisciplinary techniques that focused on achieving physical symmetry between muscular and skeletal structures. The core of this method is to apply the neurological rule: “The less muscular effort, the more enhanced sensory awareness is for learning and for physical performance.”

SykorovaSynchro MethodSM has three stages/progressive levels and also works as a training protocol that integrates our auditory, visual, motor planning, tactile, balance, and body positioning. The neuro-feedback system strengthens neurotransmission and actually calibrates the brain's functions. This neuro-feedback system does not act independently, even though we sometimes describe it as if it does. The neuro-feedback system instead is made up of layers that are constantly interacting and coordinating over the same pathways to share information and execute our intentions, which is applicable for land and water exercise programs.

The focus on increased self-awareness via information from the neuro-feedback is to improve function while reducing muscular effort to perform basic needs and live a healthy lifestyle. This method will help to identify which muscles / movements experience discomfort and teach the most efficient way to relieve excess tension.

An exercise program based on the “SykorovaSynchro MethodSM” incorporates somatic exercises, in which “self-sensing” is essential. This internalized perception/body awareness is a skill that allows a person to accurately assess what they are experiencing somatically to answer the question, “What is happening to my body?” Somatic exercises are highly valued for their contribution to successful pain management and the recovery process. Conscious control over learned habits is taught to improve posture for the relief of pain. An aquatic/ land based exercise program based

on the SykorovaSynchro MethodSM will help to stabilize and harmonize emotional, social, physiological, spiritual and intellectual aspects of health.

Application of the SykorovaSynchro MethodSM teaches more about land/ water-based somatic exercises as a teaching method. It demonstrates how to incorporate and achieve positive changes in life by providing a new sense of self awareness and control, stress reduction, revitalization of energy flow, postural alignment and flexibility, circulation, sensory-motor learning ability and creativity.

With some careful planning and understanding that exercise in the water offers many physical and mental health benefits, applying the SykorovaSynchro MethodSM is a good choice for health-care / health- fitness professionals to achieve desired results / to restore overall wellness via increasing physical activity, by daily practicing healthy habits and behavioral changes.

'True enjoyment comes from activity of the mind and exercise of the body; the two are ever united.' - *Wilhelm von Humboldt*