



Hello!

If you were motivated to certify with Nutritious Movement and were disappointed to see we're no longer accepting students, you'll be happy to know there is a tremendous amount of content still available to you—content required as part of our certification pre-requisites. Now you can make significant headway on your path to learning more about movement and exercises we use as tools.

These books contain much of the theory and breakdown of our exercises. I suggest reading through them in this order:

[Alignment Matters: The First Five Years of Katy Says](#)
[Simple Steps to Foot Pain Relief: The New Science of Healthy Feet](#)
[Move Your DNA: Restore Your Health Through Natural Movement](#)
[Whole Body Barefoot: Transitioning Well to Minimal Footwear](#)
[Diastasis Recti: The Whole-Body Solution to Abdominal Weakness](#)
[Don't Just Sit There: Transitioning to a Standing and Dynamic Workstation for Whole-Body Health](#)
[Dynamic Aging: Simple Exercises for Whole-Body Mobility](#)
[Movement Matters: Essays on Movement Science, Movement Ecology, and the Nature of Movement](#)

While ideas and theories behind why we suggest moving the way we do are important, they are not more important than the moves themselves. I have created exercises for laypeople with less movement ability and interest in theory; exercise sessions for those with more ability and interest in theory; and courses steered toward excited movers and learners.

Alignment Snacks are the best place to begin moving more nutritiously. There you'll find exercises from our books - plus exercises not found anywhere else - broken down in class format. These are great to use as a personal practice. You can get them individually, or [the full set of 22 here](#) - so you'll learn a ton in the best way—while you're moving. If you've read some of the books and aren't certain you're doing the moves correctly, Snacks are the first place to clarify and find additional modifications.

Other classes to help you grasp more complex ideas and moves in Move Your DNA and the other books, dig deeper in these dynamic (read: movement-filled) courses!

To help you grasp more complex ideas and moves from Move Your DNA and other books, you'll want to dig deeper into these dynamic (read: movement-filled) courses.

[Science of Psoas](#)
[Healthy Foot Course](#)

[Schoolhouse Series Snack: UnDuck Your Feet](#)
[Schoolhouse Series Snack: Ball Blast](#)
[Schoolhouse Series Snack: Toes and Calves](#)
[Save Your Knees, Build A Butt webinar](#)
[Super Supple Shoulders webinar](#)
[Best 50 Minutes on the Ball webinar](#)
[Those Hard To Reach Areas webinar](#)
[Balance Bootcamp](#)
[Paleo Parenting](#)
[Hidden Kyphosis](#)

MOVE YOUR DNA WEEKENDS

A critical part of learning our moves is direct feedback from someone trained in them. [Move Your DNA Weekends](#) give you direct hands-on instruction, including personalized modifications and adjustments for many of the exercises you've already been learning-- which will help you in subsequent online learning. Classes are limited to 10 students per instructor to allow for plenty of individualized attention. [Find more about MYDNA Weekends, dates and registration here.](#)

VIRTUAL CLASS MEMBERSHIP

Did you like the Snacks and learning about moving while actually moving? You can take classes with me online via our [Virtual Class Membership](#). Laypersons and advanced movement teachers alike can walk away from each class with something new—a new move, a new insight into their own movement habits, a new understanding about movement. [Find more here.](#)