



^ MIND YOUR MOVEMENT

If you miss your ballet days of yore, check out Julien Diaz's Physical Intelligence, a movement therapy that will see you skipping into winter with a deeper connection to your body. This brilliant offering from Diaz, a former professional dancer who trained at Rambert, is a fusion of ballet, contemporary dance and motion – which he choreographs for the individual client's needs at home. You'll find him stretching your limbs and spine to previously impossible places and teaching you how to do the same on your own. He'll coax you to smile through the 'good pain' – the key to enjoying your body, flexibility and working smarter not harder. And improve everything from your already-healthy body through to dysmorphia or that post-operative ankle. Since he hung up his ballet shoes, he's trained everyone from Nigella to Anthony Gormley. The latter was so grateful that he gave him some of his pictures. Alternatively you can just pay The Maestro of Physical Intelligence £100 a pop for a 50-minute sessions.

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