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FITNESS
RETREAT

Erwan Le Corre, *pictured*, is becoming something of a poster boy for the primal fitness movement. Inspired by his background in 'combat vital' and the Méthode Naturelle of Georges Hébert (an early 20th-century French naval officer who was impressed by the agility of the indigenous peoples he encountered on his travels), Le Corre has developed **MovNat**, a precise system for teaching natural movement based on 12 natural capabilities. Running barefoot through the forest, shimmying up trees and leaping across rocks with astonishing grace (watch his YouTube video *The Workout The World Forgot*), Colorado-based Le Corre has won a following among young fit Americans, offering courses in West Virginia, Brazil and Mexico. The founder of UK-based **Wildfitness**, Tara Woods, describes him as 'coming closer than any other human she has met to embodying the efficiency and elegance of a wild animal'. Wildfitness, which has been running retreats based on natural movement and a 'paleo' (hunter-gatherer) diet

since 2001, has integrated elements of Le Corre's **MovNat** system into its approach, introducing a greater variety of movement into its 'mini assault course'-style circuits, for instance. According to CEO Edward Drax, the primal fitness movement, which also covers the philosophies of Russian Dr Nicholas Romanov and American Frank Forencich, will become the mainstay of the fitness industry in time. 'This is not a new fad, but an appreciation of natural laws and how we as a species should be eating, exercising and living,' he says. Le Corre agrees: 'It is more than a job, it is a lifestyle philosophy.'

Erwan Le Corre is leading a 10-night retreat in Brazil on 8-17 March, price US\$3,450, with accommodation at www.artjungle.org. For more information see www.movnat.com. Wildfitness (020 7734 2526; www.wildfitness.com) is running retreats in Kenya until mid April and from July to December (from £1,850pp); and in Crete in May and June (from £1,850 sharing, or £1,700 if you book before 28 February).

