

## **Biography Alex Munz**

Alex Munz received his dance education at the Paris Opera Ballet school. As Principal Soloist of the Berlin Opera Ballet, he portrayed lead roles for major choreographers, several renowned contemporary artists created roles for him. Unfortunately, his training in France in the 80's was a time when Dance Medicine had not yet taken shape. After experiencing chronic injuries along his career, he decided to stop compromising his body. Twenty years ago, convinced he could avoid surgery and lifetime medication, Mr. Munz started an empirical research on his own spine; the positive impacts were so rapid and profound that he formalized a new pedagogical approach branded under the name S.A.F.E.® – Spine Advanced Functional Empowerment. Thanks to their innovative dynamic spherical movement patterns, the SAFE® methods trigger regenerative powers that were recently discovered in the fascia system. The rotations/counter-rotations induced in the SAFE® exercises act like a deep massage on fascia, these instantly trigger the self-production of collagen and elastin. In other terms, one class is enough to feel what an intramuscular hydration is. For 2 decades, the SAFE® methods have been tremendously life changing solutions for athletes, elite dancers, the general public alike. They are also well-known for their impacts on back pain, a major 21st century issue in the United States and Europe.