Private Sessions with Christy Punnett

Founder of Artemis Movement

AN INTRODUCTION

A practice that begins with what the body already knows

Artemis Movement is a somatic movement methodology. It does not ask the body to reach for an ideal shape. It asks how we might move with more ease, depth and steadiness when we learn to work with our own intelligence rather than override it.

Founded by Christy Punnett in 2021, Artemis is the synthesis of more than twenty-five years of study and teaching across movement modalities, anatomy and fascial research. It is a fully codified system, taught only by teachers trained within it, and it now reaches students across the Caribbean, the UK, Europe and North America through online classes, in-person studios, weekend intensives and international retreats.

Christy offers a limited number of private sessions for people who would like to work with the method one to one. This document introduces Christy, the thinking behind the practice, and how to book a session with her.

What students report

Students tell us they stand and move with more ease: better posture and balance, a steadier sense of their centre, and strength that comes from the inside rather than from effort. Many recover from injury with more confidence.

Breath deepens, focus sharpens and the nervous system settles, so the calm of the practice carries into work, sleep and daily life. Over time, many describe something harder to measure: a closer relationship with their own body, and a clearer understanding of the patterns they carry. The practice adapts to all ages and abilities, including seated work.

> *"The practice with Christy is ever evolving. It helps me to deeply explore, feel, and understand my body's functionality and potential."*
>
> ARTEMIS STUDENT

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Christy Punnett



BORN

Saint Vincent, eastern Caribbean

RESEARCH

MPhil/PhD Student in Cultural Studies, University of the West Indies, Cave Hill

ALSO

Trained doula; background in Institutional Management

Christy began studying and practising wellness modalities in her early twenties, while raising three daughters and her younger son, Max. Nearly three decades of teaching later, Artemis Movement is the synthesis: a somatic movement methodology built in response to what her own body needed and what current science most clearly supports.

She describes herself as a human anatomy enthusiast and an immersive naturalist, as much at home in a dissection lab as on the moors of her ancestral islands off the west coast of Scotland. That double inheritance, Caribbean and Celtic, runs through everything she teaches.

> *Her doctoral research develops aisthesiology, the study of pre-reflective bodily knowing, across Celtic and Caribbean traditions. It feeds directly into the practice.*

Christy teaches the weekly online classes at the centre of the community, leads retreats and intensives internationally, and mentors a global faculty of Artemis teachers. In early 2027 she will co-teach a retreat in Saint Vincent with Tom Myers, founder of Anatomy Trains, whose myofascial work is a foundation of the method.

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THE METHOD

Where authority sits with the mover

Artemis is built on the Deep Front Line, the myofascial core mapped by Tom Myers, and uses it as its organising principle: you learn to sense this line first, and movement is organised from it.

Nothing in Artemis is corrected toward a template, because there is no optimal body, only your body. Students learn to direct their own practice rather than reproduce a correct shape, and to carry the method into the way they move through the rest of their lives. The work draws on current anatomical, fascial and nervous system research, and is updated as that research moves.

THE SCIENCE

Artemis Technology

A clearly defined, teachable system that develops postural mechanics, stability and breath, and redefines balance from the inside.

THE BODY

Conscious Body Tone

An active, aware tone that grounds and stabilises, and builds a working relationship with the intrinsic core.

THE PHILOSOPHY

The Artemis Way

Rooted in nature, place and Stoic thought. Practitioners are invited to be both warrior and philosopher: responsible for their health, and curious about their purpose.

THE EVERYDAY

The Wellness Wheel

A quiet look at the fundamentals we abandon first: sleep, breath, hydration, rest and connection.

Book a session with Christy

Private sessions offer one-to-one assessment and long-term programmes, shaped entirely around your body, including support during and after injury rehabilitation. To arrange a session, write to Christy directly:

christypunnett@gmail.com

TELL HER

Your name, where you are based and your time zone

SHARE

What draws you to the work, and any injuries or goals

SUGGEST

A few dates and times that suit you

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