

Paul Thornley is my partner in crime on our 12 week intensive mentorship, THRIVE.

Paul has dedicated himself to remaining at the forefront of 21st Century Anatomy & Physiology ensuring the clients he trains and the students he educates are at the receiving end of the latest research and experience.

As the world we live in evolves, Paul believes so must we, focusing on how we can influence each other to live and move with more consciousness & awareness of consequences.

Paul will join us inside of the instructor academy to discuss the complex subject of PAIN! and answer your questions of course.



