GROUND

GROUNDED IN MOTION

PERFORMANCE WITHOUT LOSING YOURSELF

ISSUE 01 · SPRING 2026

A LETTER FROM COLLIN

Most days I don't feel grounded either.

I won the biggest race of my life in 2022. Hundred thousand dollars on the table at the PTO US Open in Dallas. I was eleventh in the world. I had eight years of self-coaching, a body that could hold seven hours of pain, and a brain that had been told its whole life that "more" was the price of being someone.

The night I won, I sat in a hotel room in Dallas and felt nothing. Not relief. Not joy. The goalpost had already moved to Kona.

A year later I tested positive for EPO. What you experience after that is best described as identity death. Six months later I was sleeping under a freeway overpass in Los Angeles, hit by a car, robbed in Colombia, fasting in a bamboo cabin for seven days. I had to know who was left inside me when the engine that drove me was gone.

Here is what I learned. I did not have a willpower problem. I did not have a motivation problem. I had a nervous system problem. I had a body that had been in chronic activation for so long it had forgotten the shape of regulation. I had a self built so tightly around the result that my body could not tell the difference between a hard set and a threat.

That is what this paper is for. Inside, you will find what I have learned from sport psychology, from positive psychology, from breath and somatic work, from clients I now coach, from a Sufi sourcebook a friend handed me on a porch in Mexico. None of it is theory. All of it is field-tested on a former pro athlete who had to be broken down to a body and rebuilt from there.

You do not have to lose what I lost to learn it.

This is issue number one. There will be more.



AS FEATURED IN

The New York Times

triathlete MAGAZINE

USA TODAY

USA TRIATHLON

"From the mind, into the body."

COLLIN CHARTIER

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TRAIN THE PERSON BEHIND THE PERFORMER

TABLE OF CONTENTS

FEATURE

A LETTER FROM COLLIN 02

GROUNDED IN MOTION 06

PRACTICES

TENSION VS GROUND 08

THE THREE MACRONUTRIENTS OF PERFORMANCE 09

THE BREATH ATLAS 15

MAPS

THE BODY MAP 13

FIELD REPORTS

N°01 · A TRIATHLETE WHO COULD NOT SLEEP 14

PHILOSOPHY

NERVOUS SYSTEM FITNESS 12

WHAT'S NEXT

WHAT THE FUTURE HOLDS 16

PROJECT N°01 · RUNNING HOME 17

COMMUNITY

THE GROUND CIRCLE & COACHING 18



01

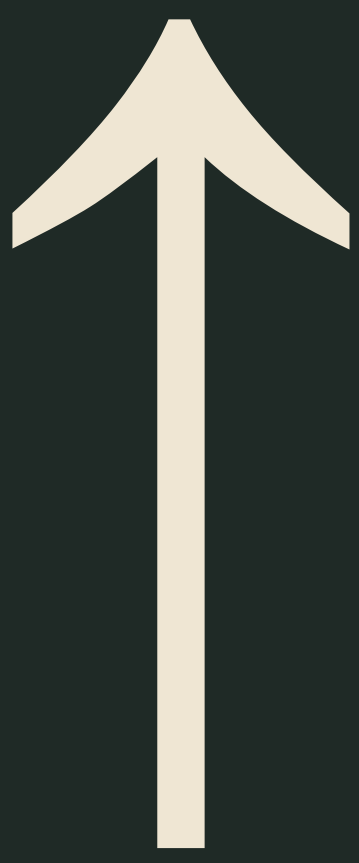
THE END OF ONE LIFE AND BEFORE THE START OF

DENVER, COLORADO. AFTER THE
THE NEXT.

PERFORMANCE WITHOUT LOSING YOURSELF

ANCIENT LINEAGE / CURRENT RESEARCH / INVITATION

GROUNDED IN MOTION



TRAIN THE PERSON BEHIND THE PERFORMER

GROUNDED IN MOTION

We have more performance science than any generation in history. More wearables. More coaches. More books on flow, on grit, on dopamine. We track HRV, sleep, glucose, stride length, lactate. We optimize protein timing, cold exposure, sauna cycles. We measure everything.

And we have higher rates of burnout, anxiety, identity collapse after retirement or injury, and chronic dysregulation than any generation in history.

I don't think that's a coincidence. The mind and the body train each other constantly. The question is which one we train first. Most performance science starts with the mind. Visualize, focus, push through. That works to a point. Then the body that was supposed to carry the plan starts to break. The mind cannot think its way out of a system that has forgotten how to rest.

This is what I have been writing about for the last two years. It comes down to one sentence.

You don't have a motivation problem. You have a nervous system problem.

By *regulation* I mean the trained capacity of the nervous system to move between activation and rest. Not breath alone. Not mindset alone. The whole body, doing its work, on cue. Without it, no peak holds. With it, performance becomes something you can sustain.

This article is in three parts. Part one looks at what people who actually performed under stress have understood for thousands of years. Part two looks at what modern research has now confirmed. Part three is the invitation.

PART ONE: THE ANCIENT RECORD

The idea that the body comes first is not new. It is the oldest performance idea on record.

The Stoics trained for hardship by inducing it on purpose. Marcus Aurelius slept on the ground in the imperial palace because he wanted his body to remember it could. Seneca took cold baths in winter and ate the same plain bread for weeks. They called it *praemeditatio malorum*, "the rehearsal of difficulty." The point was not to suffer. The point was to teach the nervous system that hardship was not threat. Discipline was the byproduct of a regulated body, not the cause of one.

The Sufi mystics built an entire performance map around the body. They called the parts of essence *lataif*, subtle faculties anchored in specific physical locations. Will lived in the chest. Strength lived in the solar plexus. Compassion lived in the heart. Joy lived in the throat. They taught their students that you could not access these faculties through thought. You had to *feel* into the location. You had to descend from the mind into the body.

In India, the Vedic yogis classified breath as the bridge between mind and body. They named the three-part breath *Dirgha Pranayama*, the long breath, and they treated it as the foundation of every other practice. Patanjali, writing in the second century BCE, listed breath control as the fourth of eight limbs of yoga, *before* concentration, *before* meditation. The order is not accidental.

The Navajo had the *kinaaldá*. The Lakota had the sun dance. The Mongols had the *naadam*. Every traditional culture I have studied built voluntary physical challenge into its coming-of-age ritual, and every one of them paired the challenge with regulation practices on the other side. The challenge was never the point. The challenge was the *test* of a regulated body.

The Greeks had a word for what came out of this training. *Areté*. Excellence. The full realization of what the human animal could be. They did not mean a body that could push through. They meant a body that could perform *and* feel *and* recover, in a sustained way, over a lifetime.

That is what we have lost.

PART TWO: WHAT RESEARCH HAS NOW CONFIRMED

In 1994, a neuroscientist named Stephen Porges published a paper that should have ended this conversation. He called it the **polyvagal theory**. Porges showed that the vagus nerve, the longest cranial nerve in the body, runs from the brainstem through the heart and lungs and into the gut, and it is the body's master regulator. When the vagus is toned, the body is regulated. When the vagus is suppressed, the body is in chronic activation.

This is why heart rate variability, HRV, is the best non-invasive marker of recovery, performance, and resilience anyone has ever measured. HRV is not about fitness. It is about whether your nervous system can move between activation and regulation. A flat HRV is not a tired athlete. A flat athlete is a *stuck* athlete. The engine cannot downshift.

Dr. Jim Taylor, the sport psychologist who has worked with US Ski Team, US Tennis, and dozens of pros, named the same thing in different language. He called it *prime performance*. Sustained excellence as opposed to peak performance. Peak performance is a single point with only one direction down. Prime performance is a band. You don't try to peak. You try to *stay in your band*, day after day, race after race. The way you stay in your band is by training the body to regulate, not by training the mind to push harder.

"Mental muscles, like physical muscles, can be weak or strong. They respond to training."

DR. JIM TAYLOR

Arthur Brooks, the social scientist at Harvard, found the same pattern in the happiness literature. He named three macronutrients of well-being: enjoyment, satisfaction, purpose. He also named the math: *satisfaction equals what you have, divided by what you want*. Most strivers spend their lives multiplying the denominator. Satisfaction is a brief peak that fades. Then the goalpost moves. Brooks calls this the *striver's curse*, and he traces it to the same biological mechanism: a nervous system stuck in pursuit mode that cannot register arrival.

The signal is in the body. The story is in the mind.

Three traditions. Three vocabularies. One conclusion. *Regulation is upstream of performance*.

PART THREE: THE INVITATION

Here is the deal.

If the body is upstream of the mind, then every cognitive intervention you have ever tried, every mindset coach, every visualization protocol, every positive self-talk routine, every gratitude journal, was working downstream of the actual problem. They may have helped. None of them addressed the root.

The root is this. Your body has a baseline. The baseline is set by years of practice. If your baseline is activation, then peak performance feels like *more* activation. You have nowhere to go when the season ends. Nowhere to go when the injury comes, when the contract gets cancelled, when the goalpost moves. You cannot register the win because the body never came home from chasing it.

The work is to change the baseline.

Not to push harder. Not to think differently. To *change the baseline*. That is what we mean by "grounded." Not motionless. Regulated. Capable of motion *from* a regulated place.

You do not have to take my word for it. You can take Porges's word, or Taylor's, or Brooks's, or Patanjali's, or Marcus Aurelius's. They are all saying the same thing in different centuries.

The question is whether you are willing to stop organizing your training, your work, and your life around avoiding the feeling of being not-enough.

The training was the search. The body had the answer the whole time.

If you want to change your baseline, keep reading this paper. Use the Ground app. Try the six-week coaching program. Start anywhere. The body will know what to do.

RESOURCES TO GO DEEPER

Stephen Porges, *The Polyvagal Theory* (Norton, 2011)

Jim Taylor, *Train Your Mind for Athletic Success* (Rowman & Littlefield, 2017)

Arthur Brooks, *From Strength to Strength* (Portfolio, 2022)

A.H. Almaas, *The Pearl Beyond Price* (Diamond Books, 1988)

TENSION VS GROUND

Tension *is the body in chronic activation, locked in a fight it cannot exit.* ***Ground*** *is the body returning to baseline, available to engage, capable of motion from a regulated place. Most high achievers run on tension and never notice. Tension is what got them here. Tension is also what eventually breaks them.*

WHERE ARE YOU LIVING FROM TENSION?

- Sleeping with your jaw clenched
- Scrolling instead of feeling
- Waiting for permission to rest
- Pushing through the body's "no"
- Building identity on the result
- Numbing with caffeine, alcohol, distraction
- Avoiding the conversation while it's still small

WHERE CAN YOU PRACTICE GROUND?

- Naming the feeling before naming the plan
- Putting one hand on your chest before opening your inbox
- Three slow breaths before any meeting
- Eating one meal without a screen
- Asking, "What does my body need right now?"
- Going to bed without checking metrics
- Telling the truth in small rooms

THE GROUND SHIFT

Tension is a fight you didn't choose. Ground is the one you did. Tension never turns off. Ground turns on, does the work, turns off.

What tension produces over time: broken sleep, chronic fatigue, the goalpost that never stops moving, identity collapse after the win or the injury, a self you can't put down.

What ground produces over time: sustained performance, real recovery between hard efforts, presence with the people you love, a self that survives the result.

Tension says: *"I have to push through this."* **Ground says:** *"I get to slow down and choose."*

Tension says: *"If I rest, I'll fall behind."* **Ground says:** *"If I don't rest, I'll never come home from this."*

Tension says: *"Real athletes don't need this."* **Ground says:** *"Real athletes know what they need."*

▸ PRACTICE

For seven days, before any task that feels urgent, pause and put one hand on your sternum. Take three breaths. Then act. Notice what happens to the action itself when it is initiated from a settled body instead of a braced one.

REFLECTION

1. Where am I living from tension I have stopped noticing?
2. What would change if I did this same action from ground?
3. What is the cost I have been paying that I had assumed was the price of being good?

THE THREE MACRONUTRIENTS OF PERFORMANCE

Most people talk about "being a high performer" as if it were one thing. Research shows there are at least three distinct contributors to sustained performance, each satisfying a different need. A diet of any one of them, without the others, fails over time.

REGULATION / THE BASELINE

The state your body returns to when nothing is happening. A regulated baseline is the precondition for everything else.

Examples: *Heart rate variability in the morning. Quality of sleep. Time to fall asleep. Body's response to the alarm.*
Ways to increase: *Diaphragmatic breathing daily. Cold exposure with a regulated exit. Vagal toning practices. Sleep before midnight.*

ACTIVATION / THE PUSH

The state your body produces when you decide to work. Activation is not the enemy. The problem is the inability to exit it.

Examples: *The sympathetic surge of a heavy set. The lock-in of a hard interval. The clarity of a deadline.*
Ways to increase: *Train at intensity, but train your return to baseline with equal effort. Downshift practice inside training, not just after.*

MEANING / THE WHY

The story your body is moving for. Without meaning, regulation feels like sedation and activation feels like punishment. With meaning, both serve.

Examples: *The promise you made to your past self. The person you said you wanted to become.*
Ways to increase: *Write down what you want to be true at the end of the season, the year, the decade. Read it before every hard session.*

YOUR PERFORMANCE PORTFOLIO

Self-score from 1 (very low) to 10 (very high). Be honest. The body knows.

```
Regulation / Baseline      _____ / 10
Activation / Push          _____ / 10
Meaning / Why               _____ / 10
```

THREE QUESTIONS

1. Which is over-weighted? (For most achievers, it is activation.)
2. Which is under-weighted? (For most achievers, it is regulation.)
3. What is one practice you can install this week to rebalance?

The sweet spot is a healthy mix. Like a portfolio, performance thrives on diversity.

"THE SECRET TO HAPPINESS IS METACOGNITION." — ARTHUR BROOKS

ATHLETIC SUCCESS BEGINS IN THE MIND AND ENDS WITH THE MIND. BETWEEN THOSE TWO BOOKENDS LIVES THE BODY, AND IF YOU ARE NOT TRAINING THE BODY TO HOLD WHAT THE MIND ASKS OF IT, YOU WILL NOT REACH WHAT THE MIND CAN SEE.

COLLIN CHARTIER



PHILOSOPHY

TRAIN THE PERSON BEHIND THE PERFORMER

NERVOUS SYSTEM FITNESS

Most people understand fitness as one thing: how much your body can do. Push-ups, miles, watts, weight on the bar. That is physical fitness, and it is real. There is a second fitness, less visible, that determines whether the first one lasts.

A nervous-system-fit person does not avoid stress. They engage with stress, perform inside it, and then return their body to baseline. The return is the skill. The return is what most athletes never train.

EXPAND YOUR REGULATION VOCABULARY

Just as emotional literacy starts with naming feelings beyond *happy, sad, mad*, regulation literacy starts with naming the states beyond *fine, tired, stressed*.

ACTIVATED states

alert · charged · focused · fierce · vigilant · urgent · mobilized

REGULATED states

settled · easy · soft · open · available · present · anchored

STUCK / DYSREGULATED states

numb · jittery · frozen · foggy · wired · depleted · flat · scattered

TRANSITIONING states

descending · surfacing · opening · exhaling · releasing · returning

If you cannot name the state you are in, you cannot train your way out of it.

PRACTICE: THE GROUND CIRCLE

Every month I host a Ground Circle for clients and friends, a small group practice for regulation literacy. We breathe together. We name states out loud. We sit in silence with our feet on the floor. We pass the work, not the fix, to each other.

The practice cannot be done alone. The nervous system was built in relationship. It can only fully heal in relationship.

If you want in, the QR on the conversion page links to the current circle. If you want to start your own, write to me. I will help.

REFLECTION PROMPTS

- Who are three people I can practice nervous system fitness *with*?
- What conditions make it easy for me to regulate?
- What conditions make it hard?
- What is one I can change this month?

Nervous system fitness isn't optional. It's how you don't lose yourself.

THE BODY MAP

WHERE THE FIVE GROUNDS LIVE

Most maps point outward. This one points in. The body is the territory. The Sufis named the locations lataif. The Vedic yogis named them chakras. We are calling them Grounds. Place a hand on each anchor. Notice. Score yourself.



02
Weight
SHOULDERS · JAW · NECK

Are you carrying what is not yours?

04
Inner Engine
HEART · CHEST · STERNUM

What are you still moving for?

03
Daily Ground
BELLY · DAN TIEN · BREATH

What ritual held you today?

01
Roots
SACRUM · FEET · BASE

Whose values are you living?

05
Toolkit
HANDS · PALMS · GRIP

What tool can you reach for right now?

TODAY'S CHECK-IN

Place a hand on each location. Score 1 (held) to 10 (open):

01. Roots _____ / 10
02. Weight _____ / 10
03. Daily Ground _____ / 10
04. Inner Engine _____ / 10
05. Toolkit _____ / 10

"The work is not to think your way down into the body. It is to stop thinking your way out of it."

AFTER A.H. ALMAAS, *THE PEARL BEYOND PRICE*

TRAIN THE PERSON BEHIND THE PERFORMER

A Triathlete Who Could Not Sleep the Night Before a Race

SUBJECT

M., 38. Half-distance triathlete. Father of three. Runs three businesses. Eight years racing at age-group level. Has placed top five in his region twice. Has never won. Details anonymized with consent.

SITUATION

Two-week pattern before every race: rising anxiety, broken sleep, irritability with partner, abandoned training sessions, racing exhausted and underperforming. Bloodwork normal. Equipment dialed. Previous coach gave him more intervals. Nothing worked.

WHAT THE BODY WAS SAYING

Jaw clenched on waking. Chronic upper-trap tension. Restless legs at night. Pre-race night, two hours of sleep. Sympathetic lock-in dressed up as commitment. He thought it was discipline. It was activation that could not exit.

INTERVENTION

Three protocols, run in parallel for four weeks.

- ***Process goals replaced outcome goals.*** Daily focus moved from "podium" to one trainable variable per session: cadence, fueling, perceived exertion. From Dr. Jim Taylor's Prime Performance framework.
- ***Coherence breathing.*** Ten minutes, twice a day. Five seconds in, five seconds out. Pre-race night, twenty minutes before bed.
- ***Family in the room.*** Wife and kids drove with him to the race. He briefed them on his plan the night before. They stood at the finish line, not at the hotel. From Arthur Brooks's *From Strength to Strength*: the Four Pillars of a good life are Faith, Family, Friendship, Work. Family is not the cost of training. It is the reason.

WHAT CHANGED

Four weeks later, he raced. Slept seven hours pre-race. Executed his fueling plan. Won his age group. Cried at the finish line. Texted that evening: "*I had my family with me*."

WHAT I LEARNED

The bottleneck was not fitness. It was that he was racing alone. The body had been telling him for two years. We translated it.

The diagnostic tool was a calibrated question, borrowed from Chris Voss. "*How do you race when the people who love you are in the room?*" The silence after the question was the protocol.

Process goals beat outcome goals. Family at the start line beats family at the finish line.

COLLIN CHARTIER · FIELD REPORT N°01

TOOLS USED

Prime Performance Pyramid

Jim Taylor · *Train Your Mind for Athletic Success*, 2017

Coherence Breathing, 6 bpm

Lehrer & Gevirtz · Frontiers in Psychology, 2014

Process vs Outcome Goals

Taylor · Prime Sport Pyramid

Four Pillars of a Good Life

Arthur Brooks · *From Strength to Strength*, 2022

Pre-Race Routine

Adapted from Taylor's 5 Mental Tools

THE BREATH ATLAS

Three practices, guided by Collin, in this issue. Open the camera. Scan a tile. Breathe with the audio. The paper does the work with you.

01

THREE-PART BREATH

5 MIN · FOUNDATION

Belly fills first, then ribs, then chest. The breath that holds every other breath. Patanjali called it Dirgha Pranayama. Use it before any hard session, before any hard conversation, before sleep.

02

COHERENCE

10 MIN · RESONANCE

Five seconds in, five seconds out. Six breaths per minute. The most-validated technique in the HRV literature. Sit upright. Eyes soft. Let the body find the rhythm. Ten minutes a day for two weeks is enough to move a baseline.

03

ALT. NOSTRIL

6 MIN · BALANCE · HINGE

Right, then left, then right. The breath for the day's transitions. Useful before any hinge moment, the meeting that matters, the call you have been avoiding, the session you are not ready for.

HOW TO USE THIS PAGE

Open your camera. Hold it over a tile. Tap the audio link that appears. Sit. Practice for the listed duration. Notice the difference.

All three practices are guided by Collin and hosted on **groundapp.live**. Each QR opens that single practice directly. The paper does the work with you.

Build slowly. Pick one. Run it for fourteen days before adding the next. The point is not to collect breath practices. The point is to find the one your body needs and let it become a baseline.

Breath is the user interface for the nervous system. Treat it like the instrument it is.

RESOURCES TO GO DEEPER

- Patanjali, *Yoga Sutras*, c. 150 BCE
- Stephen Porges, *The Polyvagal Theory*, Norton 2011
- Lehrer & Gevirtz, "Heart Rate Variability Biofeedback," *Frontiers in Psychology*, 2014
- James Nestor, *Breath*, Riverhead 2020
- Andrew Huberman lab, "The Physiology of Stress," *Huberman Lab*, 2021

TRAIN THE PERSON BEHIND THE PERFORMER

WHAT'S NEXT · 2026

WHAT THE FUTURE HOLDS

Three threads. One thesis. I am still field-testing the same idea this paper is built on. ***Regulation is upstream of performance. The body and mind train each other, but the body is where the work has to start. The practice is upstream of the win.*** *Each of these threads runs that experiment further into the world.*

THREAD 01

RUNNING HOME

SUMMER 2026 · JUN 10 → SEPT · 2,000 MILES

A former pro triathlete walks and runs from Colorado to the Lincoln Memorial. Eight states. Seventy-five to ninety days on the road. Not racing. Not optimizing splits.

Asking one question with the body: *can you move at performance pace from a regulated baseline, day after day, for three months?*

In partnership with The Herren Project. Full breakdown on the next page.

COLLINCHARTIER.COM/RUNNING-HOME

THREAD 02

ISSUE 02 OF GROUNDED

FALL 2026 · QUARTERLY · NEXT THESIS

Recovery is a skill. Not a luxury, not a deload, not a recovery week. A trained capacity to *return*.

Three frameworks are under draft: The Recovery Macros, Signal vs Story, The Three Returns.

Three new practices land in the Breath Atlas: Physiological Sigh, Box Breath, 4-7-8.

GROUNDAPP.LIVE

THREAD 03

THE GROUND CIRCLE EXPANDS

MONTHLY · YEAR-ROUND · BY INVITATION

The nervous system was built in relationship. It can only fully heal in relationship.

In 2026, the monthly Ground Circle opens to non-clients on a rolling basis. We host two pop-up circles per month along the Running Home route, in every city large enough to gather six humans on a floor.

GROUNDCOACHING.COM/WAITLIST

The paper is the map. The work is the walking.

Running Home

Two thousand miles, eight states, three months on foot. A field test of regulation under load. The longest single-piece experiment in this paper.

THE PREMISE

On June 10, 2026, I leave Colorado on foot. Roughly two thousand miles east, ending on the steps of the Lincoln Memorial. Eight states. Seventy-five to ninety days. Twenty-six to fifty miles a day. A camp van. A trailer. No race number, no finish-line clock, no podium.

This is not a stunt. It is the longest single-piece field test of the thesis this issue is built on.

THE QUESTION

The version of me who won Dallas in 2022 could not have done this run. He would have raced it. Measured every mile. Optimized every macro. Treated every town stop as a checkpoint. He would have finished broken.

The version writing this letter has a different question. Not how fast. *Can I stay regulated, all the way home?* Two thousand miles, every day, the same return to baseline.

THE PROTOCOL

The three macronutrients of performance (page 09) on the road, every day, for ninety days:

- ***Regulation.*** Morning HRV. Three-Part Breath before walking. Coherence Breathing at the noon stop. Vagal toning on rest days, not heavy sessions.
- ***Activation.*** Twenty-six to fifty miles a day, every day. Trained, repeatable load.
- ***Meaning.*** The Herren Project. Mental health in sport. The first day after the worst day. A run that is *for* someone, not *against* something.

THE PARTNERSHIP

Running Home raises funds and awareness for **The Herren Project**, the nonprofit founded by former NBA player Chris Herren. Their conviction is the one this paper was built on. The worst day of a person's life is not their last chapter. Recovery is the entire point.

If this paper has a sibling in the world, it is them.

THE INVITATION

If we pass through your town, host a breath circle on the street. If we don't pass through your town, host one anyway. Scan the QR. Follow the route. We will post a dispatch every day from the road. You will see what regulation under load looks like in real time.

The training was the search. The walking is the answer.

COLLIN CHARTIER · PROJECT N°01

THE DATA

START	Colorado · Jun 10, 2026
FINISH	Lincoln Memorial · D.C.
DISTANCE	2,000 mi (est.)
DURATION	75 to 90 days
STATES	CO · KS · MO · IL · IN · OH · WV · DC
PACE	26 to 50 mi/day
SUPPORT	Camp van · trailer
PARTNER	The Herren Project

ROUTE

CO — KS — MO — IL — IN — OH — WV — DC

FOLLOW DAILY

collinchartier.com/running-home

RESOURCES

- The Herren Project · herrenproject.org
- Chris Herren, *Basketball Junkie* (St. Martin's, 2011)
- @collinchartier · Instagram

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GROUND

Train the person behind the performer.

SOMATIC PERFORMANCE COACHING