

# *Mark Lamm*

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## PROFILE

Since 1945, Mark Lamm has consulted and worked with individuals and groups in the areas of bio-movement, mental and physical performance enhancement and life extension practices. Passionately committed to vital health, longevity, and enhancing human potential in himself and people of all ages, he has a diverse background as a researcher, developer, and teacher of peak performance principles. Focusing on technologies to improve functioning, Mark has spent more than 30 years developing the *BioSync* method, a deep tissue approach to somatics based upon the expressions of natural health as well as a deeply held spiritual worldview. Through this revolutionary new paradigm in bodywork, Mark has dramatically and effectively provided a template for the physiological and psychological understanding of the body's intended architecture bringing a unique, organic and natural understanding of bio-mechanics and dynamics.

- Founder:** BioSync Research Institute is a comprehensive health and fitness company that has received international recognition for its remarkable successes with a wide range of muscular and trauma related problems specializing in biodynamic and biomechanic traction, structural alignment, functional and behavioral therapy as it applies to treating chronic pain. Through *BioSync*, Mark maintains a private practice with a worldwide client base of entertainers, celebrities, athletes, and Fortune 500 executives. *BioSync* is endorsed by professional and amateur athletes; doctors, chiropractors and other health professionals.
- Lectures and Seminars:** The company offers introductory intensives and professional training courses that have been approved by the National Certification Board for Therapeutic Massage and Bodywork towards certification as a *BioSync* consultant. The experiential nature of Mark's courses are designed to be personally and professionally challenging. The courses use lectures, discussions, exercises, demonstrations and hands on learning to organically integrate the BioSync protocol.
- Therapy Equipment Line:** Mark's talent for sensing need and function has evolved into cutting edge insight and perception meeting the demand of today's fitness industry. Mark has the ability to upgrade existing equipment thereby allowing brand names to bring out updated and improved versions through his unique understanding of biomechanics and biodynamics. Inventor of numerous unique and revolutionary pieces of fitness equipment including the ECS-2000™ (ErgonomicCardioStation), CycleMaster™, Shape Shaper™ and the *BioSync* Physical Therapy Equipment including the Arch, Posture Chair and Extension. BioSync Research Institute manufactures and distributes this unique physical therapy equipment designed by Mark Lamm. This equipment was developed for professionals because there was nothing available that would access the body in the way Mark desired to work with the bio-mechanics of the human body.

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## PROFESSIONAL HISTORY

### CONSULTANT

At 78, Mark is the embodiment of “*Fitness as a Lifestyle*”; and, with the physique of someone half his age, a testament to longevity.

- *Served as a catalyst for cutting edge development of fitness equipment.*
- *Established a process and framework for anticipating and developing timely changes in established brand names.*
- *Created a methodology for ongoing review and evaluation for establishing validity of potential fitness equipment.*
- *Developed performance criteria and documentation of testing results.*

### LECTURER AND INSTRUCTOR

Mark is a lecturer and presenter speaking to thousands of people sharing his diverse background as a researcher, developer, and teacher of peak performance principles focusing on technologies to improve functioning through the use of action-oriented language patterns and expansive physical movement.

- Advisory Board Member for the Bio Dynamics Institute
- Anthony Robbins LifeMastery Seminar  
*Presented Lifestyle and Anti-Aging Concepts.*
- Nassau County Police Academy  
*Conducted classes in enhancing on the job performance by emphasizing the importance of stretching, flexibility, staying young and living with vitality.*
- Bellevue Hospital Psychology Department  
*Lectured on supportive versus non supportive emotions and the impact on the mind and body.*
- Instructor for the 41st Engineering and Management Program at UCLA  
*Taught productivity through internal dialogue and physical action.*
- World Health Federation in Buenos Aires, Argentina  
*Presented and taught BioSync Protocol.*

### AUDIO/VIDEO PROGRAMS

Developed and created richly informative instructional audio and/or video tapes sharing practical wisdom for fitness as a lifestyle including:

- Longevity and Anti-Aging Strategies
- Beginning, Intermediate, and Advanced Yoga Techniques
- Self Help and Basic Stretch Programs

### ARTICLES, PRINTED MATERIAL, BOOKS

Mark has published numerous articles on the mind/body connection, stretching, and fitness as a lifestyle for magazines and BioSync has been featured in professional publications.

- Developed Technical and Practical Fitness Equipment Manuals
- Developed Self Help and Basic Stretch Programs
- Developed Longevity and Anti-Aging Strategies