

Furniture-Free: Real Life Examples of Movement-Friendly Homes

It's true – going furniture-free is a thing! Getting rid of regular chairs, tables, sofas and beds is one of the easiest ways to add more movement to your life. You get instant movement variety and you build in lots of strength and flexibility opportunities. It's a serious game-changer when it comes to maintaining your whole-body health and wellness.

But, let's face it, it also seems a bit weird at first. I can speak from personal experience – your partner might not want to get rid of the sofa! And what happens when you have guests? And what would it all LOOK like?

Well, my friends, I decided to tackle this one head on. I've asked some of my very favourite movement people to share photos of their homes! I asked them to show how they've created movement friendly living spaces that work for their lives.

I already live with minimal furniture, and I was blown away by how these amazing women have integrated movement into their lives and their style.

Full disclosure: I'm hoping that seeing these spaces inspires YOU to invite more movement into YOUR life by rethinking some of your living spaces. Let's check them out!

Galina Denzel

I met Galina at my very first training week with [Katy Bowman](#). She's one of the best (and healthiest) cooks I've ever met, and you could never turn around without catching her doing some sort of crazy exercise like standing on one leg. She's a seriously incredible health coach and wrote one of my fave bookstoo – [Eat Well, Move Well, Live Well: 52 ways to feel better in a week](#). It's a great book, packed with simple and practical healthy ideas, and Galina truly walks her talk.

Galina and her husband Roland Denzel are both health authors and health coaches. They live in a two story condo in Southern California. Galina is a Nutritious Movement Restorative Exercise Teacher and Somatic Experiencing Practitioner who specializes in working with people with chronic pain, fibromyalgia and chronic fatigue. She blends nervous system regulation and restoring whole body and natural movement to facilitate the healing that wants to happen for all of us.

Galina can be found at eatmovelive52.com

Why did you pick these spaces to share?

These are the spaces that I most often find myself in at home. I love the floor and the stairs as I can move my body the most, while still being able to focus.

While I enjoy standing up I do that at my stand up station at work and I stand there all day long, so when I work from home, study, or do creative work, I love to sit on the floor and stairs. It allows me to be centered, while also lets me put my body in positions I don't get to at work with my students. The stacking tables and Indonesian desk are my favorite surfaces and the "stairs couch" is our morning hang out place to stretch, read and sip on coffee. My step kids also love to sit on the stairs while we cook.



