



Cateljne Coopmans: Carrying On With Your Writing: Possibilities in Movement



Cateljne Coopmans is a Co-Active life coach, embodied facilitator, PhD in management studies, academic author and journal editor. She is also a University researcher and Writer with extensive experience in Teaching

Explore the somatic map of the four elements Earth, Water, Air and Fire to activate different aspects of the world , play with whole body movement to create new possibilities in how you approach writing projects.

TOP EMBODIMENT TIP: “*Be kind to yourself.*”

Bodily ways of being that assist in writing

- The more awareness we have of the bodily way of being we bring to our writing the better it is
- The more bodily awareness we have we can move with ourselves
- Our body can assist us to expand and access resources that may be dormant
- The dance of procrastination and binge writing is common amongst writers; rectified by connecting to the elements

Metaphor of a House

- Provides Space, presence of mind, breath, possibilities
- Our habitual entry point is the front door however accessing the house from other entry points like the windows or backdoor gives us access to information we may not have encountered to write from
- Our task truly is to embody the whole house

Main exercise: 4 elements map exploration

- Works with range and versatility in the body
- The body already is conversant with the elements
- Bringing the elements into our awareness we can access different qualities to our writing

Earth Element:

- Directionality is downward. Connect with the lower half of the body and contact the ground in the legs & the feet.
- Notice the physicality of the movement, the weight of the legs, the slow and solid pace of moving rhythmically.

Water Element:

- Located in the core of the body. Qualities: slow, flowing, and relaxing
- In hips, belly, chest, shoulders, spine; lean into it
- Has a quality of relaxation, softening the jaw through loosening of the tongue and mouth
- Water changes shape and flows and moves in all directions

Fire Element:

- Muscular action: resistance. Directionality is forward.
- Can clear away things in the space; cleansing force. Feel the pull upward, straightening spine
- Connect to something you are passionate about and awaken clear action; feel the force in the front of your body.

Air Element:

- Life up arms above head and follow bounce in toes, front of foot. Explore this space above the head.
- With lightness and abandon; directionality is upward. Look up and out with your eyes.
- Is playful and curious spaciousness: arms opening out to the side.

Resources

- ❖ **Courses:** [Coupon Code “tec2020” for 50% off writing workshops, valid through Nov. 2, 2020](#)
- ❖ **Website:** <https://catelijnecoopmans.com/>



All Leadership & Business Presentations are Proudly Sponsored by [Michelle Boulé](#)



Michelle Boulé
COACHING & HEALING

[Michelle Boulé](#) is a Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and alignment towards their truth. Her online group programs, private coaching, speaking, in-person retreats, and teaching draw from over 20 years of practice in somatic therapies, energy medicine, mindset psychology, spirituality, and an award-winning international career in dance. Clients and students praise Michelle for her direct, intelligent, loving, and joyful approach to guiding groups and individuals.

As a gift to all Embodiment Conference participants, please [click here](#) to download Michelle's free **5 Step Guide to Erase Doubt, Claim Your Truth, and Create the Business and Life You Desire**. If you suffer from loops of self-doubt, indecision, exhaustion, or a life that is less than fulfilled, this guide offers powerful insights and practical Action Steps you can use right away to create the life you truly desire.

CONNECT WITH MICHELLE: **Website** michelleboule.com **Instagram** [@michelle.boule](https://www.instagram.com/michelle.boule) **LinkedIn:** [Michelle Boulé](#)

Interested in securing [LIFETIME ACCESS](#) to the Embodiment Conference?

				
Recordings	Cheat notes	Bookmarks	Learning lists	Recommendations
Lifetime access to sessions to watch as you please. Video and audio-only options.	Notes on each session to highlight key takeaways and fast-track your learning.	Bookmark your favourite tools to jump back whenever you need them.	Bite-size lists to help structure and guide your learning.	Find new teachers and discover topics personalised to your tastes.



**THE EMBODIMENT
CONFERENCE**

**Leadership &
Business**



Get lifetime access now