



Ann Shuptrine: Cultivating The Art of Being (Leaders) Together



Ann Shuptrine is the Facilitator of Open Floor Conscious Movement, a Gestalt Practitioner, Consultant and Trainer. Explore sense, connection and presence and how to share it together with others.

TOP EMBODIMENT TIP: Sensation is the greatest teacher.

Movement Discussion Includes:

- Connecting to the earth, the feeling in the body.
- Connecting with spine and pulse, adjusting the body - movement resources.
- Connecting with her voice.
- Creating a social imagination.

Finding Inner Artistry:

- Cultivating resources to stay in our experience.
- **Stretching** into the tendons, the “leaders” connecting the muscles to the bones.

Cultivating the Grounding through the Feet

- Moving with the feet, **sensing the space**.

Noticing Other People and Spaces:

- Inviting participants to share their experience of the shared space.
- Noticing the breaks.
- Inviting to open the senses, touch, sound, smell, taste.

Relational Presence:

- Inviting participants for sharings of connection.

Resources:

- ❖ **Website:** <https://www.bemovedforchange.com/>, www.openfloor.org, www.relationalchange.org
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[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.



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