



Sharon Jeyakumar PhD & Deidre Keating: Embodiment is for Every Body



Sharon Jeyakumar, PhD, is a clinical psychologist with a strong passion for helping people develop authentic relationships and connection with others beyond external appearances. Deidre Keating is a counsellor, instructor, facilitator and writer. Join the conversation discussing what ‘bodies’ are not currently at the embodiment table and how to create a space whereby the magic of embodiment is available to all.

TOP EMBODIMENT TIPS:

Practice inclusion by including yourself and your body. At least a minute a day where you include your body as it is. Be gentle with yourself. Be gentle with your body. Be gentle with your story. Be gentle with other people’s stories.

Personal Journeys

- Follow Sharon and Deidre through their separate accounts of very personal journeys to meet at the table with this conversation.
- Sharon describes a moment where she first felt embodiment and inclusion in a body she felt excluded in.
- Deidre describes how she transitioned from embodied and connected to complete disconnection and back again through an intense sensory experience.

Exclusion to Inclusion: Raising Awareness of the Embodiment Community

- Many advertisements for embodiment practices, such as yoga, depict images of bodies, which can inadvertently cause those whose bodies do not have a similar exterior, to feel excluded from the practice.

The Body Experience: Both Individual and Collective

- Embodiment is a magical package where EVERYONE can find a home.
- Our bodies are Spiritual, Sensual, Sexual, Social, Relational, Individual and Collective.
- Sometimes it is tough to be human having this human experience. We need communities in which we can show up authentically in our fullness.

What We Need: Meaningful Conversation About the Bodies Absent from the Table

- The body is not the full story but it is the container of your fullness.
- Sometimes the language we use can exclude without intention. We need those who feel excluded to share their voices and be welcomed.

Resources

- ❖ **Website:** drsharon.ca
- ❖ **Circle:** embodimentcircle.com



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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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