



Julie Angel: How to Create A Sustainable Movement Culture in Your Life



Julie Angel is an artist, author, movement coach and founder of See & Do. Find a movement culture that works for you and that fits with your life.

TOP EMBODIMENT TIP: Find joy in your movement

Find your why

- Movement is **health**, health is **freedom**.
- Get into a **flow** state.
- Be **present** and in the moment.
- **Apply** aspects of movement to other areas of your life.

Don't limit your capacity

- Be **open** and **curious**, movement doesn't need to be 'sporty', or require pain or suffering.
- Find what works for **YOU** and explore ways to integrate it into your everyday life.
- Be **creative**, individualize it.
- Movement is for **every body**.

Make movement a sustainable practice

- Have a movement snack, take acts of **micro** bravery, using the science of small wins.
- Take radical **responsibility** for your movement practice.
- Find something that makes you feel **inspired**.

Elements of movement culture

- Check your **breath**.
- Take **inventory** / body scan.
- Find **joy**.
- Get over yourself.
- Nurture it.

Resources

- ❖ **Books:** Breaking The Jump: The secret story of Parkour's high flying rebellion
- ❖ **Courses:** Kickstart your day
- ❖ **Website:** www.julieangel.com, www.movementsmax.com



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Gil Hedley, Ph.D., is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

Integral Anatomy is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

To study further with Gil, go to www.gilhedley.com and join the site. You will automatically receive **3 free full-length video courses** that will deeply impact your embodiment practice.

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