



Michelle Boulé: Moving with Innate Wisdom



Michelle Boulé is a world-renowned dancer, teacher, life coach and healer. This session addresses personal transformation, *What you need is already here* breath meditation, moving with innate wisdom, and conscious re-connection through physical tapping.

TOP EMBODIMENT TIP: Love

Personal Self-Discovery and Development: An injury or disappointment is an invitation to know the body more

- Michelle started dancing at age 5, had an operation on both feet at age 13 and realized “this is not my truth” at age 16; She began living her full expression and stopped dancing due to further injuries
- She reconnected to purpose and her destiny aligned: **When the system isn’t working, create a new one!**
- In college, she enrolled in dance, which became a vehicle for her, learning to dance well and live well

What You Need is Already Here: A practice that combines energy medicine, consciousness, and movement

- Reprogram oneself towards the best health, the fullest potential and the greatest creative expression
- Breath and repeat the phrase “What you need is already here”
- Enter into a space of trust and that there is nothing needed “out there” (i.e. friend, position etc)

Moving with Innate Wisdom: Have the power of choice

- Innate wisdom is displayed in natural objects (i.e. a carnation, a pine cone with layered geometry)
- Natural objects live to their fullness with layers and geometry patterns
- As one develops a mind-body connection, there is an intrinsic knowing (i.e. antenna to a radio)
- The more one becomes familiar to innate wisdom, the more natural the connection (i.e. flower facing the sun)
- There may be a need to unlearn the subconscious program, which may dilute the “innate wisdom”
- The re-programming is beautiful and vulnerable (i.e. crying may take place)

Conscious Reconnection through Physical Connection: Tapping with the Nervous System

- Body talk practitioners can heal body parts without touching them
- **Head:** Tap the top of the head as the other hand holds the occipital bones, back of the head and forehead
- **Head, Heart and Gut:** Tap each of the three areas one after another
- The body is smart, is a course corrector and is able to align an individual to mental and emotional health
- Be open to seeking out the sadness or grief which become joy and inspiration

Resources:

- ❖ **Website:** [Michelle Boulé](#)
- ❖ **Social Media:** [@michelleboulé / Facebook](#)



Michelle Boulé





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Ilan Stephani is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors“. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

ILAN STEPHANI

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