



**Cat Moyle: From Head Strong to Heart Smart: Feeling Skills for Overthinkers**



Cat is an Intuitive Bodyworker, Amanae Practitioner, Embodiment Coach, Holistic Massage therapist, reflexologist, and Reiki Practitioner. She often works with overthinkers, over-planners, analysts and intellectuals who have over-relied on their cognitive capacity and neglected their embodied and emotional capacity to live life as a whole human. She supports individuals and groups, in person and online, using a combination of hands on, breathwork, movement, and sound. In this workshop Cat uses breath, movement, sound and touch as tools to notice what your body is telling you.

**TOP EMBODIMENT TIP:** Place your hand on your Heart - look down and say “Hello Body”.

Introduction: **The Heart as a Treasure Chest to Our Emotional Intelligence**

- Why focus on the Heart as the door of entry to our emotional intelligence?
- Have you ever felt your Heartbeat, Heartache, Heartbreak, or your Heart swell?
- Even head-dominated people have had an experience of this. It is an obvious place to start. We know what it looks like: it is mythically connected to our emotions. There are stories about it across all culture.
- Cat works with thinkers who are less experienced at feeling and want to up their game with emotional intelligence. They may be tired and want new options.
- Learn how to use the heart and head together.

Disembodiment: **Dance of Avoidance**

- When we feel emotionally overwhelmed we often go into a dance of avoidance.
- We ignore our feelings.
- Cat invites you to slow down and tune in to what your body is telling you.

Practices: **How to Get Out of Head Space and Into Heart Space**

- Cat invites you to join in as she leads four techniques to process what is going on inside ourselves.
- Meditative, Foregrounding Sound and Movement, Touch Practice, and Self Care Hug.
- Cat encourages us to continue to reflect, reach out to our support networks.
- Support ourselves to do this work so we can spread it to others.

Resources

- ❖ **Website:** [Welcome to Cat Moyle](#)
- ❖ **References:** Eric Lipin, [Amanae Europe](#)



## **Cat Moyle**





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## ILAN STEPHANI

**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!

Love and Rage Embodiment Training [ilanstephani.com/loveandrage](http://ilanstephani.com/loveandrage)

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