



Dan Doty: Wilderness and the Body



Dan Doty is a writer, wilderness guide, men's work leader, and somatic meditation teacher. As the co-founder and creative lead of EVRYMAN he has been at the forefront of a global movement of men opening up to themselves and the world. Experience a connection with nature and discover how you can take these lessons and incorporate them into your life.

TOP EMBODIMENT TIP: The lifestyle of living so close to the Earth brings out very elemental versions of many wellness practices that are shared, used, taught, and practiced, leading to feelings of being healthy and a sense of self that feels not only grounded but free.

Observations from Living with Indigenous Peoples

- **There is an appreciation to be had for the effects of a life living in tune with nature.**
- Observed how they moved.
- Observed how they rested.
- The quality of their presence is so easy, so smooth, and so real.

Parallel Between Living in the City and the Wilderness: **The Body Remembers a State or Way of Being**

- After a life of chaos in the urban jungle, a meditation session in a New York City park led to an emotional breakdown full of tears and crying.
- Simply laying on the ground during the meditation, and connecting with the Earth, the emotional release was simply the body remembering a state or way of being when it was living in the wilderness.
- It was an effect of being grounded.

The ROC Formula:

- **Relax, Open, Connect.**

Why getting in Touch with Nature and the Earth is so Critical

- It is critical for health and well-being.
- An expanded and truly intimate relationship with our planet leads to loving our planet.
- In the wilderness the amount of silence and time allows you to build a relationship with yourself that's on a very different basis; you can't escape yourself when you're out there.

Resources

- ❖ **Website:** [Evryman](http://Evryman.com).
- ❖ **Social:** [@danieldoty](https://www.instagram.com/danieldoty)
- ❖ **References:** Cherie Healy, [@theluminaries](https://www.instagram.com/theluminaries)



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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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