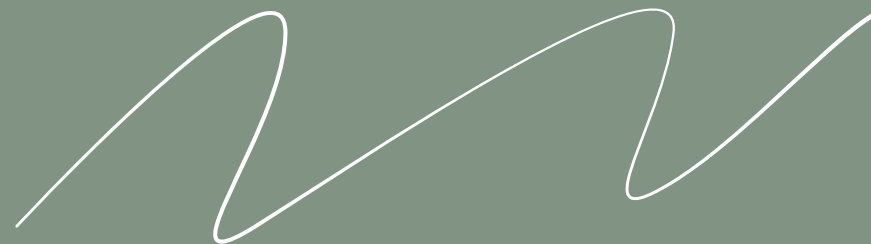




Movement

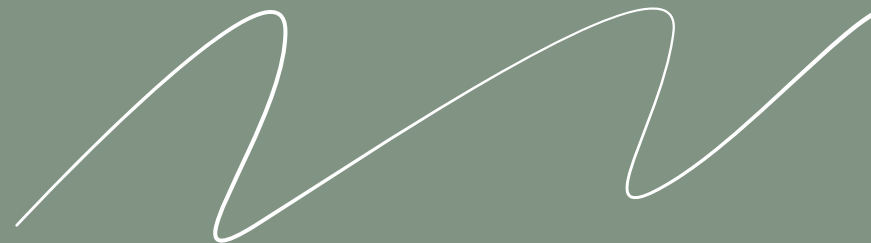
for Coaching

with Stephanie Woods



Remember:

- In the end, any movement can be useful in clearing, moving, and shifting energy
- You are allowed to explore, use your intuition, and create new rules (you as the guide, and also your client within their movement)
- Honor what feels safe for each individual body - the mover is always in control.
Create a safe space for autonomy, exploration, and curiosity.
- Encourage your clients (and yourself) not to worry about getting movement "right" or "wrong" - it's all just exploration
- There are no specific clothes needed, and no specific experience needed, for movement. Anyone with a body that moves can practice movement.
- Encourage your clients (and yourself) to let go of how the movements look, and focus on how they *feel*
- If you want to be embodied, you've got to involve your body





Let's get

moving!



Foundational Movements:

USES: GETTING OUT OF THE HEAD & INTO THE BODY
CLEARING STUCK ENERGY

Shake

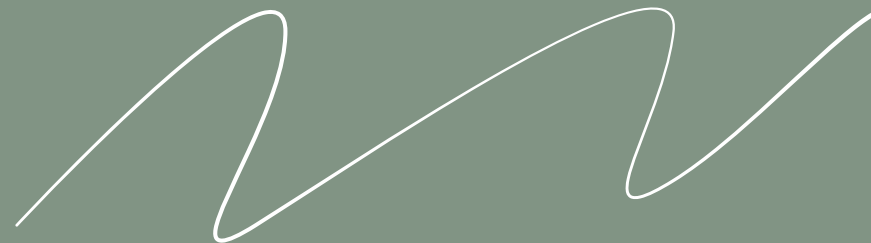
Sway

Walk

Self touch (tap/pat, squeeze, massage, swipe)

6 Spinal Movements (front/back, side/side, twist R/L)

7 Major joints (ankles, knees, hips, shoulders, elbows, wrists, neck*)



Movement Concepts

AND THEIR APPLICABLE USES IN COACHING

CONCEPT

USE

Isolation

Getting into the body (out of head). Exploring what's possible.
Working with specific chakras

Initiation

Connecting/reconnecting with specific part of body or chakra -
giving it attention, energy clearing, or a boost of energy

Directions

Shifting/gaining new perspectives/options.
Creating a new way of seeing & doing. Changing course.

Levels

Shifting/gaining new perspectives/options.
Discovering new ways of seeing & doing. Changing course.

Speed

Exploring speeding up and/or slowing down.
Finding one's own rhythm or pace.

Shapes, Lines

Seeing what's possible. Doing something you didn't know you could do.
Creating new pathways in the brain & body - new possibilities.

Qualities

Energy shift or exploration. Great with dualities like masculine/feminine energy,
static/fluid, rigid/gentle, grounded/buzzing, expansion/contraction, and so
much more. Also great for exploring the 4 elements.

Additional Tips

THE FOLLOWING CAN BE HELPFUL TO KEEP IN MIND:

Simplicity

Remember that movement can be as simple as turning a wrist or taking a step



Repetition

If a movement feels good, interesting, or useful in some way, repeat it a few times. No need to constantly be creating new movements. If you find one or two that are working, stick with them for a while.

Pause

Just like in standard coaching, remember the power of taking a pause. Encourage your client to pause within movement explorations, and simply notice how they feel.