

A person is performing a handstand on a cobblestone street. They are wearing a blue tank top, dark pants, and brown sneakers. The background is a wall covered in colorful graffiti. The text "Finding A Personal Physical Practice" is overlaid in white on the image.

Finding A Personal Physical Practice

An introduction to the 'Finding My Practice' Course

It is a natural and wholesome human drive to feel empowered and satisfied through movement. Take a moment to observe any group of children, indoors or outdoors, anywhere on the planet.

Do they look very *still* to you?

The human being is a naturally mobile animal, capable of great physical feats and built to move, communicate, adapt, and enjoy itself physically. A few minutes spent observing our closest living cousins the chimpanzee will quickly confirm that our biological heritage is geared toward a life of movement. Our body is positively bursting with rich physical possibilities, most of which go unexplored and unappreciated in typical 21st century life.

Movement: A Human Instinct

Since the drive toward movement is innately hard-wired into us, it follows that every person can have a healthy relationship with their body, able to develop new skills and enjoy a personal taste for the physical.

It doesn't take superhuman strength, exceptional physical talent, or huge amounts of time or money to invest in enjoying your body. All it takes is a curiosity about what you like, and a willingness to give yourself permission to make time for this, among the busy-ness of life's demands.

One trend is clear from all the data: the **people who choose to move on a regular basis live happier, healthier and longer lives**. But rather than physical practice or exercise being relegated to a 'health chore', doesn't it make sense that our decisions to move, to exercise, and to enjoy our bodies be an enjoyable process? A learning experience and chance for growth, rather than just another item on the to-do list.

What Is A 'Physical Practice'?

It is a personal habit and preference for how we like to move our body. With some structure to help prioritise this habit as part of our lives.

A physical practice is about making a decision to enjoy the simple fact of **having a body**. It does not need to be anything special, mystical or particularly strenuous – and the “shape” of a physical practice will differ from person to person:

A regular walk in the woods, a swim at the weekends, a quiet stretch before bed, a love of weightlifting... Or a dance with your kids, some time spent noticing your own breathing, a yearning to climb up rock-faces. An elderly neighbour who walks the dog every morning. An athlete recovering with a hot yoga session. These are all expressions of personal embodiment. Answers to that simple question of 'what makes me **feel good**'.

With 7 billion people on earth, there are 7 billion potential physical practices.

Healing Through Happiness

To have a personal physical practice is also to be engaged in a form of healing process. Not necessarily an obvious, outward, physical healing of the kind we associate with medical science. But a very normal, very human, very helpful kind of inner healing, based on a simple decision to make time and space to consider and enjoy our own flavour of happiness.

To have a personal physical practice, which we know makes us feel better, is to give ourselves permission to make a little dedicated time and space to restore ourselves.

The Value Of Structure

There is no wrong or right in what a personal movement practice can be; it can and should be as unique as you are. But for a sustainable habit of physical activity, it helps to have a structure that supports us. A routine or framework in which we can develop a rhythm of practice which feels good. A structure we can **trust**, to bring about a process we **enjoy**, underpinned by a desire to **learn** more (about a skill, and about ourselves).

If Being Physical Is Natural . . . What Happened?

For many of us, somewhere along the line of life, we stopped asking the question “what makes my body feel good?” on a regular basis. Perhaps life sent a job, a family, or a stressful event which took over for a few years. Or maybe we got injured, and let a few habits we used to enjoy get stuck in the past.

Or perhaps we invested in one form of movement or exercise, and over time we began to feel ourselves get bored or stagnant – just ‘going through the motions’. Or maybe your intuition is less obvious – perhaps just some feeling, a sense that there is something more to be found, a way to feel better than you do in your body right now.

Confusion: A Good Place To Start

All of these flavours of confusion are very normal. Life sends challenges all the time, and unless we make a decision to prioritise getting back to the body, habits of physical wellbeing will fall by the wayside. Most of us have lived through such times.

The good news is: the desire for change is enough to get started. It doesn’t take much to create positive and sustainable change that reconnects us with the joy, health and vitality of connecting with our physical wants and needs. In being here to read this, you’ve already taken a first step.

It’s also ok to be uncertain in what you feel. Even if what you want is not immediately clear, or there are no clear outcomes in mind – finding these on the journey is part of the fun.

Move From Where You Are

A fulfilling physical practice should be based on what you enjoy *now*.

Not what you did five years ago, not what you think you should do, and not what you used to be good at. But based on what you find interesting as the person you are today.

Having a practice founded on your life as it is **today** will move you in a direction that is interesting and enjoyable for you, bringing you more energy here and now. Instead of being something that you wait to start tomorrow, next year, or at an imagined point in the future.



About The 'Finding My Practice' Course

The 'Finding My Practice' course is a 6-week guided journey aimed at connecting, or reconnecting, you with a form of physical practice which authentically inspires you. My mission is to give more people an enjoyable, sustainable and conscious relationship with their own body, through having a regular physical practice that aligns with their interests.

The precise "shape" of this physical practice is not important for the aims of the course - it might be a swimming practice, a yoga practice, a surfing practice, a dancing practice – as the course is designed to accommodate movers of all varieties. Whether a personal practice is something you already feel connected with to some extent, or whether you are a million miles from this - in either case the course will meet you **as you are**.

A Proven Path

Tried and tested with a cohort of students over several years, this course is a guided process to put you in touch with what works for *you*. It's a reliable framework designed to put you in touch with what you want, offering tools to feel your way in to a richer and more meaningful personal experience of your body, on a regular basis.

How It Works

The course is a **reflective experience**, not a physical one, based on a series of structured conversations, short presentations, and a range of simple tasks (verbal & written). The course guides you through a non-judgemental exploration your own reasons to move, connecting you with a deeper motivation, and finding a practical structure to support your intentions for yourself.

The entire course is a **one-on-one** experience, conducted via Zoom. In terms of time, it requires 60m per week for a 'live session' and a further 20-30m elsewhere in your week for some simple 'homework' tasks. We start with honesty about where you are at, and together we move from here. Sessions are arranged 1:1 with you, at a convenient time in your timezone, after booking.

Since the course is about establishing a personal physical practice, the course works equally well for experienced practitioners looking to go deeper, or newcomers, dabblers & desk-jockeys of any age.



Highlights & Takeaways

This course is for you if:

- You sense that it's possible to feel more connected with your body than you do now
- You want to clarify or go deeper into a pre-existing physical practice
- You want to negotiate a new relationship with your body after a time of injury, demotivation, stress or challenge that took you aside from your physicality
- You feel that "more willpower" is not the answer to a satisfying physical practice
- You're excited to connect with a personal embodied practice which has meaning for you and feels authentically your own
- You would like a practice founded on an honest reflection of what makes you feel good
- You have felt connected with a physical practice in the past, but somewhere lost the thread or became detached from it
- You feel better when you move, but sometimes struggle with structure or motivation to support this.
- You would like a framework for a regular practice which is realistic, achievable and sustainable for your own life
- You ever struggle with disempowered thinking around physical practice eg. 'I should have started sooner', 'it's too late', 'I don't have the right background', 'I don't know where to start', 'I'm not good enough'
- You want to feel a greater sense of direction & purpose in your relationship with your own body



What People Say

Robbie

"I have been coached before, but nothing I have encountered to date has had any soul in it through an online approach. **This deep work with Matt has been rich in soulfulness.** Matt led me through an initial phase of deep questions finding the roots of my desire. Finding the contradictions in my practice and highlighting simpler paths and approaches to my truer personal practice. We got deeply rooted in how this would be motivated, specifically for me. My resistances were exposed and a smooth path of practice formed. Now I am excited daily for my practice session which always seems to increase my energy and passion. **I am in love with the direction I am going and delighted I reached out to Matt.** If you are like me, and want to find your personal groove then reach out immediately"

Kai

"For a long time I've been looking for a physical practice that I could enjoy and one that didn't hurt my body, and a teacher with the sensitivity, kindness, patience and knowledge who could guide me in finding my own form of self-expression. **Working with Matt I was allowed the space, permission and freedom to explore what movement meant to me, while being guided with clear instruction, purpose and intention;** I learnt not to be afraid to dance, and to move in ways that were truthful to myself."

Catherine

"When we started working together I was having a really hard time [in life], and for a while it got harder, but moving and making time to be in my body was so important and made such a difference. I cannot believe [my physical practice] is something I can fit around work, kids and homelife - but I can and it makes me more 'on it!', able to get everything else done. I feel like I give my kids my undivided attention now when we are together, and I am more productive with work. All because **I now have time for me and time for my body. My life has transformed since we began our work together.** I always thought I had no time for anything- and now I can do everything- sort of! Would never have had the confidence to this without all the above and it all started with my conversation with you. So THANK YOU"



About Your Coach

Matt Mulligan is a physical educator and wellness coach, and for more than 5 years has been working to help practitioners of different physical disciplines to develop a meaningful, self-directed practice of embodiment for themselves.

Matt is also a dance-acrobatics and floorwork specialist, focussed on a mindful approach to both of these fields. Since 2015 Matt has been teaching and sharing his own practice online and in-person, with events hosted across the world, including Switzerland, Portugal, Germany, Holland, Israel, and the UK.

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