

by William Moretus



# MOVE

LIVE YOUR LIFE TO THE FULLEST



WHATEVER YOU HOLD IN YOUR MIND ON A  
CONSISTENT BASIS, IS EXACTLY WHAT YOU WILL  
EXPERIENCE IN YOUR LIFE.





# BEING MOVED

MOVE is a low barrier approach into a conscious, happier and healthier life. Giving you the foundations to a positive mindset and lifestyle you can hold forever.

It is given from a rational and practice-based perspective so it is understandable and accessible for everyone.

It's about finding a new momentum during the year like January the first to start fresh, energized and filled with ambition.

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# WHY MOVE

**I believe that everybody deserves to live life on their own terms and become the most authentic version of themselves.**

Unfortunately from birth to present we take with us a lot of limitations, trauma's and limited beliefs from ourselves, our families and society that prevents us from becoming that version. I had quite of those myself growing up and I've spend the last 10 years conquering them in a playful way to figure out what they are really about. My conclusion is that you become the best version of yourself by an elegant combination of mindset, nutrition, movement and spirituality.

With a decade of learning and practicing the different aspects that determine both physical health and mindset, I decided to put all of this knowledge and experience together. With MOVE I'm sharing it with those who need in the hope to lead them to **a life with more joy, passion and fulfilment.**



**William Moretus**

FOUNDER MOVE

# MOVE WEEKEND

A MOVE weekend is about having some “You time”, putting down the phone, take a moment to reflect on everything that is going on in your life and to zoom out. How is your mind, body and soul doing.

We want to create a fun, inspiring weekend from where you return with energy, a new vision, clear goals and the right habits to focus on the months that follow. The weekend is about giving you a unique experience with meditation sessions, healthy food, a place to relax and workshops on mindset, movement and nutrition.

While experiencing this weekend you have the time to connect, not only with yourself and nature but with likeminded people. We will create a community to keep the momentum of the weekend going.

We will provide concrete theory and practice to make your day to day life more energized, less stressful and more joyful.





*"It's like January the first  
on a regular Saturday"*



# January the first

*Dear friend, do you mind if I have a word?*

*I won't take much of your time I promise. Let's skip the introductions, as we know each other quite well. yes it's me speaking, January the 1st.*

*I know it hasn't been exactly easy since we last saw each other but I'm here to remind you that we're about to meet again very soon and so I thought I'd share a piece of advice, a word really. One that will help you through the other 364 days with ease.*

*And the word is MOVE. That's rights Movement. I would love you seeing start the year with just that. Moving, and I don't just mean the exercise kind.*

*I mean Movement of the spirit, of the soul, MOVE, so you can move someone else's hart. MOVE, so you can find the inspiration to create, to invent. You see, when you are moving, there is no time for fear, for doubts.*

*Because it pushes you forward, It makes you stronger, wiser.*

*So take my word, write it down on a napkin, put it in your smartphone. Movement inspires and when put into action, it will make every single day of your year count.*

*Starting with me, your friend*

*"All those who were seen dancing were thought to be insane by those who could not hear the music."*

- NIETZSCHE

## WHAT IS MOVE ABOUT?

**EXPERIENCE:** to take a step back, to reflect and to make a change you need a weekend out. MOVE offers you **me-time** in a different and inspiring environment. By stepping away from screens and technology, into **nature**. It gives you the opportunity to create a **momentum**, like the 1st of January. A moment during the year, 2 days away from it all, to find the will and motivation again to make a change in your life.

**MINDSET:** you can get anywhere with the right mindset. If you are willing, the right mindset can be taught. That is the good news. By giving an introduction into a constant positive mindset, you'll learn that there is more to life than our limited beliefs. Meditation can help relieve stress, anxiety and introducing people to the unlimited world that is out there.

**ENERGY:** energy is life. Being energized is a habit. By sharing an integrated knowledge on both **physical health** and **mental state**, MOVE gives you the tools to control your stress level, get in a more happy state and be energized on a daily basis. Tools such as an introduction to meditation, insights on **food nutrition**, easy healthy recipes for daily cooking and tip/tricks to strengthen your body and calm your organs. **Practical tools** you can easily apply in your daily life to make the change you've wanted for so long.

**CARING:** By sharing our knowledge and experiences, we want to help people to make them feel better. We all know the feeling of loneliness, stress and seeming lost. MOVE is there to show that there are still people who care and believe in humanity. We can't take away the stress, setbacks or failures. But we can teach you how to deal with them better. MOVE creates value from the heart, not the business model.

**GROWTH:** MOVE will make you grow. What may be a 2mm change during our weekend, will give you a completely different direction in 5 years. Small steps, small changes that are easy to maintain but have a big impact on your life.

**CONNECTION:** MOVE brings people together who have the same values, share the same goals and encounter the same struggles. We provide a place where you can feel understood. Where you're surrounded with a **dreamteam** of professionals who support you as well as people who become true friends while taking this journey. You end up with a strong network and **community**, not only during the weekend but also after.



# GET IN TOUCH

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