



Applying the Move into Balance Method™: Daily Movement Adventures for Well-being in the Sedentary Workplace

Gillian Hipp

Inspired by Cavafy's *Ithaca*, this presentation will introduce a doctoral research experiment exploring how 15-minute daily movement adventures during the working day provide repeated encounters with the self, fostering embodied presence and supporting the safe passage past the inner monsters of modern working life: stress, fatigue, disconnection, and overthinking, thus improving well-being.

The Move into Balance Method™ was developed by drawing upon findings from in-situ movement observations in the sedentary workplace, Laban's movement theories and contemporary recuperation research. The method can serve as a map and guide for therapy sessions and was used as the foundation for the research intervention, the 10-day Move into Balance Challenge. This consists of daily 15-minute guided movement adventures that provide participants with a creative, embodied encounter with the self during the working day, cultivating presence, awareness, and reconnection, and supporting recuperation.

The study investigated the impact of these daily movement adventures on participants' well-being, measured through pre- and post-intervention questionnaires assessing positive and negative affect, life satisfaction, and eudaimonic well-being. A control group and an active control group that engaged in short daily walks enabled a meaningful comparison of outcomes.

Statistically significant results will be shared, and implications of the findings for arts therapies and well-being in sedentary workplaces will be discussed. Reflections on the 10-Day Move into Balance Challenge will highlight that framing movement as playful daily adventures also promotes awareness of and curiosity about dance therapy and its potential for well-being, making it more accessible to those who might otherwise be unaware of the arts therapies.



Furthermore, it will demonstrate how daily movement adventures, guided by the Move into Balance Method™, harness repetition and return as catalysts for balance, presence, and transformation, echoing *Ithaca*'s enduring message: the journey itself is where insight and growth reside.

Biography

Gillian Hipp is an ADMP UK registered dance movement psychotherapist in private practice and educator, dedicated to helping people reconnect with their bodies to enhance well-being, creativity, and performance. Her mixed-methods PhD research investigates the *10-Day Move into Balance Challenge*, a physical movement intervention designed to improve well-being in sedentary workplaces. She facilitates somatic-based leadership workshops for Henley Business School's MBA programme, leads DMP retreats, and is Course Leader of the BA (Hons) Performing Arts course at Hereford College of Arts.

Recent Publications

Hipp, G., Jones, R., Andrews, H. **Move into Balance: Exploring the Role of Movement in Supporting Well-being During the Sedentary Working Day** *World Art Therapy Festival 2025 — Abstract Book, 26–28 September 2025, Prague, Czech Republic*, (p.61)