



Lucia Horan: 5Rhythms®: Moving Meditation



Lucia Horan is a 5Rhythms® teacher who combines Buddhist mindfulness meditation with the 5Rhythms® dance to create a unique flow. Join Lucia's 5Rhythms® moving meditation which gives space for experiencing the quiet, still and introspective phases of life but also for externalizing what needs to be moved energetically through the dance.

TOP EMBODIMENT TIP: Our deepest intelligence is thousands of years old, the wisdom of our body. When we can balance the wisdom of our mind and our body, we can live in balance.

The Full Spectrum of Life Contains Both Stillness and Movement:

- **Stillness and movement bring us skillfulness to work and be with everything that is in the moment.** These skills are important during times when we face the chaos around us.

5Rhythms® Dance:

- **It is an improvisational awareness practice that is based on presence and not on performance.**
- **The 5Rhythms dance is a map or a wave of how energy moves** and is inspired by the natural cycles and patterns outside us in nature and also inside us.
- Expanding our experience to include all of these rhythms helps us to reflect on movements and states of being in life, and to become agile in moving from one state to another.

The Structure of the 5Rhythms® Dance:

1. **Flowing:** This is the rhythm of yin and receptivity. Focus is on the feet, connection with the ground and on the inhalation. Here we ground, nurture and center ourselves. This can help us to open the receptivity for inspiration and our dreams.
2. **Staccato:** The rhythm of yang, releasing and letting go. The focus is on the exhalation and on your hips. We can explore our boundaries and connection to others.
3. **Chaos:** This energy is created by the union and friction between yin and yang. The focus is on the head, where the opposites start to dissolve into one. When life asks us to meet the chaos, it brings an opportunity for something new to be born from that state. We can learn to surrender and to let go of what no longer serves us.
4. **Lyrical:** Take notice of the changes that arise from the chaos and be with those changes. In this state you can be open and expand to a new way of being, focusing on your shoulders, arms and hands.
5. **Stillness:** All rhythms merge into one in this last state of being which is the point of death but also of birth. Here we slow down to bring perspective and to integrate who we are now based on everything we've been through.

Resources:

- ❖ **Websites:** [Lucia's website](#), [5Rhythms® website](#)

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Amara Pagano is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](#) and the co-founder of the global conscious dance community [OneDanceTribe](#). Azul is a path of personal transformation that supports the awakening of consciousness and recognizes that, as we transform ourselves we create the conditions for our world to transform.

The **Path of Azul** is a map for life designed to take participants through a journey of healing and self-realization utilizing dance and the body as vehicles for exploration. Azul has three gifts for all Embodiment Conference participants.

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