



### Deb Roach: 8 Inch Heels and Sensual Feels



Deb Roach, aka Debzillah, is a 3 time IPC international pole champion in the disabled division, professional performer, teacher and the boss/owner of the [World of Pole](#) studio in Blacktown, Australia. Empower yourself to feel sexy in your own skin, a rebellious act against prevalent systems and society today. No need for heels, it's up to you.

**TOP EMBODIMENT TIP:** Make the time for yourself, and be real about it, without expectations.

#### Think Different: Empowerment And Choice

- “We are alive, and deserve to enjoy it”; Exotic Pole dance - it's about our own body experience, who we are, new awareness/appreciation of ourselves in all parts of life, attitude of “my time, my space”
- Pole “hard by choice”, community uplifting and supportive; explore what feels good for the individual
- Sexiness is an attitude; prioritize how you feel, connecting the body and emotions to feel *emotionally, physically, sexually strong* and capable

#### Debzillah: Her Story

- Born without left arm; combative, opinionated, deep thinker/listener, ambitious for positive change, rebellious
- Bullied and excluded; found alternative subculture lifestyles appealing, and individual sport and dance
- Cultivated thought-centric existence to cope/disconnect/disassociate from past hurt; relationships difficult
- Somatic therapy: nurtured quality of life and inner-child, letting go of “someone else's shitty opinion of myself”
- Dance; burlesque; pole; biking; IPC competition; contemporary dance and circus; stripping; teaching and dancing

#### Accessibility: Adaptation vs Translation

- Adaptation: change only happens in one direction, variation is secondary to the original, ableist gaze
- Translation: process is both ways, both variations are of equal value and stand alone on their own right

#### Exotic: Feels For You

- Pleasure-based embodiment; head roll with shoulders; up in the ribs, down in the hips
- Water pond, dip toe in pleasure, and around
- “V is for Vagina!”, with variable transitions; staff pose, coy kneel, hips high - rotating

#### Resources

- ❖ **Books:** [Pole Translation: The Ultimate Guide for Instructors Wanting to Teach EVERY BODY](#)
- ❖ **Website:** <https://www.worldofpole.com.au/>
- ❖ **Social:** [Instagram](#), [YouTube](#)
- ❖ **References:** [Candoco UK](#), [Stopgap Dance Company](#)



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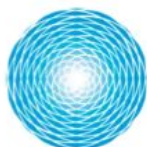
Amara Pagano, [PathOfAzul.com](http://PathOfAzul.com)



**Amara Pagano** is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](http://SchoolOfAzul.com) and the co-founder of the global conscious dance community [OneDanceTribe](http://OneDanceTribe.com). 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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