



Sabine Parzer: Authentic Beings We Are: Practice of Embodiment In The Context Of Holistic Dance



Head and founder of the [Holistic Dance Institute](#), Sabine Parzer is a dancer, choreographer, teacher, bodyworker, author, and worldwide organizer for 30 years. In this session, you will explore transformation through dance and touch.

TOP EMBODIMENT TIP: To awaken fully is a lifelong task. It demands of us awareness, receptivity, and the ability to act and respond. We must be able to improvise in the moment to what life asks of us.

What is Holistic Dance?

- Holistic Dance includes different methods and forms such as [Authentic Movement](#), which she extended to what she calls now “Authentic Movement Class”.
- It also incorporates semantics, improvisation and [contact improvisation](#), which Sabine now calls “Integrative Contact Improvisation”: a way of dancing with contact in a more relational way, focusing on the qualities of relating to oneself and to others.
- To integrate the emotional aspects of contact improvisation, it also includes contemporary dance and performing qualities, as well as healing practices, such as the Feldenkrais method, the Rosen method, Shiatsu, and EcoSomatics, which is a way of connecting to nature and to our nature within ourselves.

What Holistic Dance Does:

- Holistic Dance can work with and support a person’s healing process, both on a physical level and on an emotional level.
- Holistic Dance is especially useful in integrating creative, introspective, and expressive elements into your daily life, as well as in your professional field.

Three important Fields of Life:

- Life is about **Embodiment, Transformation and Healing**. This never ends. For this reason, embodiment should be a daily practice that can take many shapes and forms. Embodiment helps us to stay centered in the middle of all these outer impulses. Transformation happens through life events, and we are always in a healing process. Holistic Dance provides a place where we can reconnect to ourselves, trust our bodies again, dive into unconscious spaces, relate to others, and nourish our intuition.

Resources:

- ❖ **Website:** [Holistic Dance Institute](#)
- ❖ **Material:** [Holistic Dance Card Set](#)



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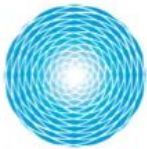
Amara Pagano, PathOfAzul.com



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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