



Antonina Osipova: aWEARe: Wardrobe As Embodied Practice



Antonina has always been interested in performative arts and visual expression as a lens of people's identity. She was the co-creator of BodyMind forum Moscow 2018.

What does your favorite dress reveal, tell or say, about you? Support yourself, your well-being, your growth by wearing clothes consciously.

TOP EMBODIMENT TIP:

Listen to the dialogue that is happening between your body in your clothes.
Unleash your inner desires, follow them, and stay connected to yourself.

How Am I? How do I Want to Be?:

- We are affected by cultural norms in our style and in styling ourselves.
- Look deeper: How do I feel? How do I embody myself?

Change How You Dress:

- Changing how you dress: Changes your mood.
- Changing how you dress: Changes your life.
- Changing how you dress: Practice wearing different things to see what changes *in* you or *about* you.

Cycles of Nature:

- Women's cycles, earth cycles, moon cycles - these can all affect how we feel.
- How could you dress to support these feelings?

Resources:

- ❖ **Websites:** embodiedme.tilda.ws/aware_eng -- embodiedme.space/outfits
- ❖ **Social:** [instagram.com/a_wear_e/](https://www.instagram.com/a_wear_e/)
- ❖ **References:** embodiedyoga.ru



Antonina Osipova





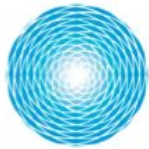
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Amara Pagano is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](https://SchoolOfAzul.com) and the co-founder of the global conscious dance community [OneDanceTribe](https://OneDanceTribe.com). Azul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