



Amara Pagano: Movement as Spiritual Practice and Healing Art



A leader in the world of conscious dance, Amara Pagano is the founder of [Azul](#). Through her movement community, OneDanceTribe, she hosted 70 presenters and 14,000 people from 124 countries in a conference. Learn how dance and movement proves to be a healing expression of spirituality.

TOP EMBODIMENT TIP: Explore the universal human experience through dance!

Conscious Dance: Discover Your Dance From the Inside

- With no choreography or emphasis on aesthetic or style, Pagano encourages people to move their bodies in a way that starts from an internal focus. Movement then starts to express itself from there.

Bridging the Spirit and Human Together: Integration of Purification and Embodiment

- Pagano relates this experience to a cross. The horizontal being the humanness and the vertical being the spirit. It is important to integrate the two and find a happy equilibrium. To be grounded and connected to the spirit equally so as to not become lost in our journey to awakensness.

Connecting the Earth: The Body is a Vertical Channel

- Pagano encourages movement to start from the feet; grounding into the Earth. Then the movement can travel up into the atmosphere through the body. This connects the mover to understand the wholeness of the universal human experience.

The Four Orientations: Listening, Allowing, Opening and Moving Towards

- An exploration of the body can be witnessed by the person moving once their senses and intuition are activated.
- Noticing each pass of the limbs and torso though the body allows for genuine presence of the now.
- Allow any shapes of the body to occur without judgement.

Resources

- ❖ **Courses:** pathofazul.com/embodiment
- ❖ **Website:** pathofazul.com
- ❖ **References:** Gabrielle Roth, Prem Baba



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Ilan Stephani is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors“. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

ILAN STEPHANI

Love and Rage Embodiment Training ilanstephani.com/loveandrage

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