Kellita Maloof: Movement Medicine Mirroring for Highly Sensitive Bodies

Kellita Maloof is a Conscious Burlesque coach and author of How To Create A Burlesque Solo...From The Inside Out. Discover the healing power of basic human movements such as extending, circling, and shimmying, and learn how healing compounds exponentially when another human witnesses us with a right brain lens.

**TOP EMBODIMENT TIP:** Shimmy on! It can be as small as a jazz hand and it might seem ridiculously simple, but it's the most healing and joyful movement that operates on infinite levels.

**Types of Trauma:** **Boom Boom Trauma, Drip Drip Trauma.**
- Boom Boom trauma is a specific event or occurrence that you can name.
- Boom Boom trauma requires loving and skillful attention in order for rewiring, healing and change to happen.
- Drip Drip trauma is when every second of every day, you feel that it's not safe to be yourself; it is something that causes dissociation.
- This type of trauma is almost impossible to see until you’re out of it.

**Revel, Reveal & Receive:** **Movements and Their Meanings.**
- The shimmy is a variety of revelling in the body.
- The extension is highly associated with revealing and opening up.
- Circling represents receiving what we desire, or in highly sensitive people, receiving our own selves.

**Micro Improv Prompts for Mirroring Practice:**
- While witnessing you (singular or plural you), I felt _______ (powerful, mischievous, alive, etc).
- While witnessing you, I sensed _______ (a gripping in my throat, timelessness, slicing power in my arms).
- My needs were met for ________ (aliveness, tenderness, sass, etc).
- Gifts of ________ (wonder, magic, shazam, etc.) were received.
- When you (name specific team member)_______ (name specific they did), I felt ________.
- What I noticed that worked was when _______(name team member) did _____ (specific movement/moment).

**Resources:**
- **Books:** How To Create A Burlesque Solo...From The Inside Out (burlesquesolo.com)
- **Website:** showgirlawakening.com, Discover your Showgirl Archetype (showgirlawakening.com/quiz)
- **Social:** @kellitatheshowgirlshaman, facebook.com/showgirlshaman
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Dylan Newcomb, **UZAZU Embodied Intelligence**

**Dylan Newcomb**: Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

**UZAZU Embodied Intelligence** gives you a clear, integrative model & method for understanding how STATES work: how to identify State Imbalances and how to rapidly shift & re-pattern them, using a set of simple postures & movement patterns. As a Helping Professional, UZAZU gives you a **comprehensive, highly adaptable, embodiment-based methodology** for effectively working with clients on almost any issue—in a way that easily integrates with and amplifies the potency of your existing skill sets.

UZAZU founder Dylan Newcomb is leading a 3-day live, online training **this November 19-21**, which will teach you all about embodied states and how to access and re-balance them—both for yourself and with your clients. **UZAZU also offers a FREE Online Embodied Intelligence Self-Assessment**, which you can complete in 10-15 minutes and gives you valuable insight into your own embodied states and patterns. Visit [Uzazu.org](http://Uzazu.org) for details!

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