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: 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 for details!**

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