



**Debbie Rosas: Body & Life Potential: The Body's Way**



Debbie used to be afraid of owning her body. Dancing helped her to appreciate the gift of her body, which she teaches to others.

**TOP EMBODIMENT TIP: LOVE**

The body is a gift

- The most important thing you will ever own
- The most important relationship in your life
- Designed for your greatest potential
- The source of greatest wisdom
- Provides the opportunity to sense your life as it unfolds
- The source of love and kindness

Humans go through 5 movements

1. Embryonic (fish)
2. Creeping (lizard)
3. Crawling
4. Standing (monkey)
5. Walking (human)

Body's way

- Follow your own rhythm
- Power comes from the heart
- Honor your body
- Replace effort with ease
- Spirit embodied in flesh
- Healthy movement starts from yin

Resources

- ❖ **Website:** <https://nianow.com/> and <https://www.niatv.fit/>



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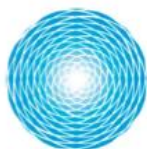
Amara Pagano, [PathOfAzul.com](http://PathOfAzul.com)



**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.

Follow [THIS LINK](#) and receive a 50 minute guided Azul Journey to give you an experience of Azul, a \$100 coupon for our life changing Online Embodiment Training and a free month to our Membership program that will launch in January.



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