



Susi Rosenbohm: Creative Bodies



Susi Rosenbohm works as a dance artist, pedagogue, activist and body therapist within the [Pantarei approach](#). Explore and discover how we can notice the thoughts, feelings, emotions, physical sensations and movement we are experiencing, as well as how to surrender or transform them, reduce or enlarge them.

TOP EMBODIMENT TIP: You are already in it, go with what attracts you.

Noticing: How Much Do You Know About Your Embodied Being?

- Noticing is an exercise to explore **thoughts, feelings, emotions, physical sensations, movement**, or nothing!
- You explore what your body is, and how much you know about yourself as an **embodied being**.
- We ask ‘*How is that for me?*’ We **explore** how we feel about what we notice (it is interesting, comfortable, etc.).
- When we **encounter** something that we are **uncomfortable** with, we can either **surrender or transform**.
- **Surrender** would be allowing whatever you notice inside of yourself and to give it **space**.
- If we are uncomfortable, for example, we can **transform** what we are experiencing by **stretching**, and giving ourselves more **space**. Or we can **touch** a tense area of our body, and **move** it, while **using our breath and voice**.
- When we transform, we can notice the energy flowing in the body, and the changes in temperature of some parts of the body.
- When you notice something in your body, you can name it out loud or silently.

Being Overactive Or Active?

- Human beings are usually doing several things at the same time.
- We often think, feel and sense, all at the same moment.
- You can explore this: Is it *enjoyable*? Does it *exhaust me*?

Unserious Dance: Make Dance Education Less Serious and More Joyful

- Sometimes in dance education, there is an emphasis on technique and structure.
- We can **easily lose the joy of using the body as a tool to express ourselves, and to connect from within ourselves**.
- The lack of exploring yourself—your thoughts, feelings, history, sensations, emotions — **blocks** you, and you can lose a lot of the joy you can have with expressing yourself through your body.
- We can connect to the **wisdom** that we have in our bodies, use it and explore it more.
- We can move away from the restrictions of notions of “what is dance?”
- We notice what is already inside of you, and play with reducing or enlarging it outwards.

Resources

- ❖ **Website:** susirosenbohm.com



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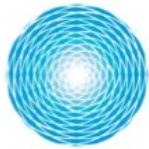
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Amara Pagano is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](http://SchoolOfAzul.com) and the co-founder of the global conscious dance community [OneDanceTribe](http://OneDanceTribe.com). Azul is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



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