



## Hanna Suvanto: Creativity Through Movement



Hanna Suvanto integrates somatic principles and body awareness practices to stimulate creativity through movement. She is a movement psychotherapist, an Embodied Facilitator and a Nia somatic educator. Let her guide you in movement practices to enhance creativity in daily life.

**TOP EMBODIMENT TIP:** Sense your body.

### Using Different Aspects Of Movement To Generate Creativity

- Where do your best ideas come from? Often the answer is while moving, not being still.
- When the body is tense, the mind is tense.
- **Moving in different ways can help us generate new ideas by getting us out of our stuck patterns.**

### Integration Over Purity

- **Hanna likes to use her creativity to adapt and integrate different practices.**
- She is presenting a range of modalities that bring different practices, such as the embodied facilitator course material, together with the rest of her movement knowledge.
- You might enjoy one type of movement more than the other. Discover what that means for you.

### Moving Like The Four Elements

- Hanna guides us through a practical, playful way of moving that can be integrated into daily life to bring on more creativity.
- **Learn how to move like earth, water, air and fire.**
- All elements include a seated posture, moving while standing and free movement so everyone can adapt to their needs and do what feels right in the moment.

### Microposes - A Way Of Adapting The Elements Into Daily Life

- Discover what it feels like when you adapt the characteristics of different element movements to your life.
- How does it feel to simply change the way you sit for a minute?
- How can you use the change in position to bring more creativity into your way of being and thinking?

### Resources

- ❖ **Website:** <https://linktr.ee/hannasuvanto>



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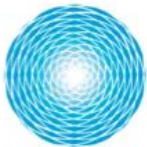
Amara Pagano, [PathOfAzul.com](http://PathOfAzul.com)



**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.

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