



Brooke McNamara & Lauren Beale: CULTIVATE: Creative Practice In The Belly Of Impermanence



Lauren Beale and Brooke McNamara are performing artists and embodiment activists living in Boulder, Colorado in the USA. Lauren and Brooke's creative work centers around the magical power at the intersection of imagination, collaboration, and emergence. This rich session includes an exploration of how to recognize that wounds and challenges are entwined with the deepest gifts.

TOP EMBODIMENT TIP: Brooke: Let down your guard and just play. **Lauren:** Allow for the mystery and enjoy the ride.

Guided Meditation: **Journey Into Our Imagination, Down a Familiar Pathway to a Most Special Place and Back Again.**

- Conjure up, meet and invite back with you a “*BEING*” (muse, guide, co-conspirator, protector)

Writing: **Tell About a Current “Crush”.**

- Intellectual, romantic or any other form of a crush. Describe how it feels in the body as a means of invoking it into the present.

Movement: **Stand and Move, Begin to Inhabit the “Crush” Energy.**

- Take in the images, in writing. Allow it to inhabit your body. Invite your “*BEING*” on this ride in the body.

Writing: **Journal, in words or images, what just took place within the movement.**

- Journal what was learned within the movement, What is important to remember for you?
- **Shift into writing about what is breaking your heart, what is tender to you, what is crushing you.** What are the sensations you feel?

Movement: **Back Into the Body, Moving and Noticing the Sensations.**

- Courageously be moved by what breaks your heart or what is breaking it open.

Settled Stillness: **Oscillating Between the Sensations, Within Your Container, Finding an Awake Stillness of Mind.**

- Magnetize into earth, breathe in awareness and receive the beautiful gifts.

Resources

- ❖ **Brooke’s Books of Poetry:** [Bury the Seed 2020](#), [Feed your Vow \(2015\)](#)
- ❖ **Collaborative Course:** [Cultivate-8-Week Series](#)
- ❖ **Websites:** [Brooke McNamara](#), [Lauren Beale](#)



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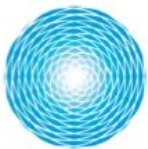
Amara Pagano, PathOfAzul.com



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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