



Maxine Heppner: Cycles Practice: To Dance like Yourself



Maxine Heppner is the creator of *CYCLES Practice*, an approach that examines impulse, energy, and the expressive natures of mobility's many forms. Explore in your own experience the premises and elements of this approach to movement.

TOP EMBODIMENT TIP: Your skin is a huge receptor, so I invite you to work with it within your consciousness (this can be achieved by tapping).

Main Premises of CYCLES Practice: **Complex and syncopated processes happen all the time**

- We live simultaneously through our intelligence, physical body and senses: all at the same time, working in synergy to give life to every moment.
- Energy is infinite.
- There are persistent and very complex cyclical patterns within all actions and interactions.
- Nothing can exist in a non-complementary way. Everything (our internal/external parts and the world around us) is in action to make possible any particular moment.

Creativity and Self Expression: **Awareness is the key to keep them alive**

- Being aware of all processes/systems that are happening at any moment makes our creativity and self-expression enrich, flourish and expand. It's also the foundation of our human interactions and creative processes. This, as we are not born with it, can be achieved by practice.

Natural Cycles in our Organism: **Neurophysical and sensory pathways are cyclical in nature**

- Neuroscience has shown the cyclical nature of our neurophysical and sensory pathways; they intersect within themselves and with each other. In other words, we intersect with everything that lives inside and outside of our skin.

The Working Process in CYCLES: **Main focus**

- At CYCLES, we work with breathing practice, alignment, power, mobility, stretch and strength.
- Movement is mainly felt and inspired by the interaction of complementary systems from moment to moment. There are no sequences, but systems (unless a choreography is orchestrated), since the aim is to experience the complexity of action.

Resources

- ❖ **Website:** acrossoceans.org



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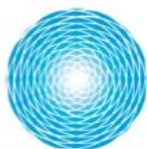
Amara Pagano, PathOfAzul.com



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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