



Vera Passos: Dançando Na Terra! Nutrition From The Earth - Silvestre Technique



Vera Passos is an instructor, choreographer and accomplished dancer, and has performed internationally. She studied the Silvestre Technique and has taught it in Bahia, Brazil since 2002. She speaks a combination of English and Portuguese with a translator. Through Vera's internationally understandable language of dance, learn more about the Silvestre Technique through a practical and theoretical approach.

TOP EMBODIMENT TIP: Dance can be the space of transformation, education, creation, and connection.

An arrival dance inspired by Orixá:

Arrive together through a led rhythmic experience, connecting to Earth's messages, integrating through the body, and the mind, and expressing to the Universe.

Silvestre Technique:

- Silvestre Technique originated in Salvador and is available in many places in the world.
- It allows people from different levels of dance and development to dialogue in the same space.
- It is a technique in development and evolving continually.
- In it, the body can be divided into 3 sections: 1. The Head = Perception/Intuition 2. Shoulders to the stomach = Expression 3. The Hips to the feet = Equilibrium.
- These 3 areas of yourself have relevant expression and inspiration from specific elements and specific Orixá.
- These triangles are not separated in dance.
- When one opens oneself through the centre of the body, light can express to the outside. If we sink inwards or downwards physically we suppress our light and ourselves in the universe.

As a performer:

- At the beginning of her dance career, Vera was told by her teachers to leave her problems outside the rehearsal room. At the beginning, this is what she did.
- At a performance following her mother's death Vera couldn't see how to perform without incorporating her feelings. She performed with all that she was in that moment and it was one of the best performances of her life.
- The Silvestre Technique embodies all that we are without suppression.

Resources

- ❖ **Books:** [Orixás](#) by Pierre Verger and Mãe Stella de Oxossi
- ❖ **Email:** o77vnssj@yahoo.com.br



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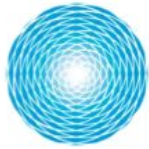
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Amara Pagano, PathOfAzul.com



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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