



Cynthia Winton-Henry: Dance: Ancient Medicine of the Body Politic



Cynthia Winton-Henry is an author and co-founder of InterPlay. Explore how to unlock the wisdom of the body and how to reconnect with our birthrights through different InterPlay practices.

- TOP EMBODIMENT TIPS:** 1) Embrace the chance to be in the presence of First Nations' peoples when possible.
2) Find a loving witness: somebody that affirms you in the magic and mystery that you are.

Connecting to Spiritual Wisdom Through Ancient Ways

- In the ancient worlds there was a sense of presence and the basic intelligence of movement not just for recreation but as a way of opening to the universe, opening to the **Turning of the One**. This is something we can't lose, it's always with us.
- Explore why it is important to practice awareness now and how to let the body do what it needs to do.

The Birthright Practices: Movement/Dance, Voice, Stillness, and Stories

- Through the Birthright practices we can start to experience the opening to the Turning of the One.
- Discover why improvisation is important; it's not just about singing a song but about using voice/movement spontaneously. These practices were very much present in the communities of ancient worlds, as part of their medicine.

Types of Noticing in InterPlay: Paying attention to what is going on in and around us

- **Body Data** (pieces of information) **Body Knowledge** (patterns) and **Body Wisdom** (what we choose to do).
- Focus on finding things that create joy, not stress. In other words, finding the "*Physicality of Grace*"

InterPlay Practices: Different ways of using the Birthrights

- Through movement like the practice of **One Hand Dance**, we can discover deep forms of improvisation.
- We explore how **One Breath Songs** uses voice more spontaneously.
- In **Dancing on Behalf of**, we play with the effects of Mirror Neurons and body connections, even through screens.

Resources

- ❖ **Courses:** [Cultivate a Sacred Life Rooted in Spiritual Wisdom](#): First Nations' Teachings of the Good Mind to Nurture Gratitude, Peace, Courage, Respect & Love
- ❖ **Website:** <https://interplay.org>



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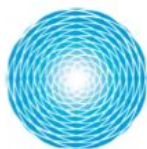
Amara Pagano, PathOfAzul.com



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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