



Panel: Dance and Creativity Introduction



Welcome to the Dance and Creativity Channel! Meet your Channel Manager Antonina, and Assistants Jayme and Laura. Explore the various approaches to dance and creativity and learn how you can connect with each other as we journey.

Meet your Channel Managers!

- **Antonina** Is an Embodiment facilitator, psychologist, expressive arts therapist and co-creator of BodyMind Forum Moscow 2018. She is the leading representative of [Embodied Yoga Principles in Russia](#) and author of the aWEARe project.
- **Jayme** is a “dabbler” whose movement practice started with cheerleading, leading to dance, yoga, acro yoga (acrobatics, thai massage and yoga combined!) and contemporary dancing.
- **Laura** is a “Maximalist” -- from free dancing, choreography and founding the Octavia Cup Dance Theatre to pole dancing and playing in a punk rock band called the “Dick Pinchers,” she loves to dive fully into many things.

What to expect?

- **Dance** will feature a dynamic range of dance styles: contemporary, traditional, 5Rhythms®, burlesque, flamenco, Nia, conscious dance, Wu Tao, Samba, Moving Soul Dance as well as some unique schools created by the teachers!
- **Creativity** will encompass a wide variety of categories, including body percussion, physical theatre, Vozdukh, clowning, stillpoint theatre, body mapping, beyond chocolate, aWEARe, beatbox, social presencing theatre
- **5 Panels** with topics ranging from emotional intelligence, movement and men, dynamic meditation and more.
- Discover the aWEARe Project -- what your wardrobe and embodiment have in common -- with our Channel Manager, **Antonina Osipova** on the last day

Family participation is welcome

- All sessions are rated in terms of physical and emotional level
- We invite you to include your whole family in the beginner sessions!

Interact with each other! Use the chat box and include things such as:

- **Why are you here today? What are you practicing? What are you curious about?**
- If you haven't yet, join our [Embodiment Conference Facebook Group!](#)

Free Access is for 48hrs from the live session

- **CLICK HERE** to Upgrade to Lifetime Access



## All Dance & Creativity Presentations are Proudly Sponsored by

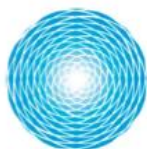
Amara Pagano, [PathOfAzul.com](http://PathOfAzul.com)



**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.

Follow [THIS LINK](#) and receive a 50 minute guided Azul Journey to give you an experience of Azul, a \$100 coupon for our life changing Online Embodiment Training and a free month to our Membership program that will launch in January.



azul  
conscious movement

- ❖ Facebook [www.facebook.com/Azul.consciousmovement/](https://www.facebook.com/Azul.consciousmovement/)
- ❖ Instagram [@amarapagano.azul](https://www.instagram.com/amarapagano.azul)

### Interested in securing [LIFETIME ACCESS](#) to the Embodiment Conference?

				
<b>Recordings</b>	<b>Cheat notes</b>	<b>Bookmarks</b>	<b>Learning lists</b>	<b>Recommendations</b>
Lifetime access to sessions to watch as you please. Video and audio-only options.	Notes on each session to highlight key takeaways and fast-track your learning.	Bookmark your favourite tools to jump back whenever you need them.	Bite-size lists to help structure and guide your learning.	Find new teachers and discover topics personalised to your tastes.

[Get lifetime access now](#)