



Anna Du Vé: Dance It!!



Anna Du Vé is a shiatsu therapist, an [Open Floor](#) conscious dance facilitator, a musician and a visual artist. Discover how to tune in and allow your body to guide you, integrating emotional, mental body, and physical body. Explore using the imagination, visualization, colour and creativity to expand your movement journey.

TOP EMBODIMENT TIP: Take the time to listen and allow your body to move intuitively how it wants to.

Radical Self Acceptance In Movement: Letting The Self Expression Bring You Home

- 'Open Floor' is a practice of authenticity - the essence is about embodiment: Openness to the self, listening to the physical and emotional body and giving whatever needs to move the space to move.
- Give the self the permission to do what it needs to do to listen deeply and intuitively and allow the body to move as it needs to be moved.
- Follow this thread of movement and allow what's there to move through and allow it to be fuel for the dance.
- Give the Self permission to really shake out.
- It's vulnerable connecting with the body and allowing what's there to move through.
- It takes authenticity and courage, to allow the vulnerability to arise.

The Creativity That Comes From Movement: In movement practice, our connection with the artistic process is deepened.

- In art, the canvas is the evidence of the emotional process which occurred. **"In dance, our bodies are the art."** The process of all the emotions, *"the juicy **truth of the human experience** is what **fuels our movement** and **our dance**."*
- **It doesn't have to be beautiful** - it's about moving & including what's there. Include whatever emotions are there.
- It's all about **accepting ourselves** and including what's there. Seeing what happens when I begin to **explore** it and maybe it shifts and changes a little to allow it to come to some **sense of peace** and **balance**, or **acceptance** of the self, and maybe not. Maybe it's a longer process and allowing that to be and make **friends with the softness**.
- **Letting the whole body be a paint brush.** Paint this **internal landscape** through this imaginary 'paint in the space'.
- *"The **art often happens in the space where the music meets the internal landscape**."*
- Let the **dance change**, let the **textures change** as the **music changes**, and as the **emotional body changes**, continue to follow the **thread**.
- Let your **body be your teacher**, and let **your truth bring you home**.

Resources

- ❖ **Music:** [Spotify Playlist](#)
- ❖ **Facebook:** [Anna Du Vé](#)
- ❖ **References:** [Jackson Pollack](#)



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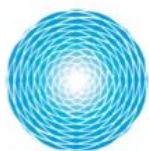
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Amara Pagano is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](http://SchoolOfAzul.com) and the co-founder of the global conscious dance community [OneDanceTribe](http://OneDanceTribe.com). Azul is 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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