



Rachel Sparks: Dance Your Way to Fire: Building Tools for a More Exciting Relationship



Rachel's aim is to create a safe learning environment for people who feel they don't belong in a dance class. She shares with respect for the fundamental challenges most people face in their lives and the impact that can have on learning and trying new things.

TOP EMBODIMENT TIP: Be curious about your practice and what it has to offer beyond the practice itself

Move From the Inside/Out: **Explore partner dancing styles to embody fiery qualities to enhance your relationship**

- **Be it rather than perform it**
- Draw up fire
- Tend to self before connecting with another

Rhumba:

- Pressing down/drawing up offers awareness of joints
- Stay safe with personal boundaries when **opening to sexuality**

Born Tango:

- **Switches on focused fire**
- Not how you look - how you feel
- Helps express needs, wants, desires

Explore The Elements:

- Every dance has elemental qualities
- Strip away the outer parts and go into the feelings/sensations of the dance

Resources

- ❖ **Website:** <https://www.rachelsparksdance.co.uk/>
- ❖ **References:** Work of others, recommendations etc.



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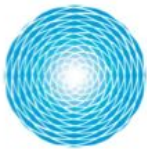
Amara Pagano, PathOfAzul.com



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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