



Wren LaFeet: Dancing the Village; Mindful Partner Dance & Regenerative Culture



Wren LaFeet is a Somatic Permissionary, the Founder and Transformational Facilitator of Cocréa Mindful Partner Dance, a Certified Attunement Therapist and the Gene Keys Ambassador. He lovingly invites you into the dance.

TOP EMBODIMENT TIP: Relax your jaw, relax your belly, relax about home.

Regenerative: It is the opposite of degenerative.

- In considering what makes a village, how the needs of humans are met within the community was the question that started this quest.
- Through the path of dance, Wren came to understand that we must look at regeneration as the opposite of degeneration. For humans, the process of regeneration is complex and holds a much fuller potential than usual structures that allow for emergence. So, we must ask ourselves what gives life for us?

Six Realms: The journey to wholeness.

- **1st realm** starts from the center of ourselves with mindfulness. We dive in with movement. How do we move?
- **2nd realm** moves to ground, to earth. Feel our heaviness, our bones, let our bodies be heavy. Energy flows down within ourselves. Are we breathing? Feel into our belly, imagine our pelvic floor as water and how that moves.
- **3rd realm** tune to the music, let the music move you. Be you, let your feelings go with what's happening.
- **4th realm** shift to each other. Feel the space between each other, watch, listen, respond, extend oneself with love.
- **5th realm** merges to the community as a whole. Create space for one another to express, emerge.
- **6th realm** moves to the expression of the collective field. Listen to that energy with the clearest signal, the whole.
- Within the six realms, cultivate invitational space with each other to co-create the energy in the room.
- Trust our bodies and each other's bodies. Move with what is authentic and our creative being inside. Follow your heart.

Resources:

- ❖ **Books:** *Reinhabiting the Village*
- ❖ **Courses:** dancecocrea.com/offerings/online-course/ Dancing into Empowered Relationships
- ❖ **Website:** dancecocrea.com
- ❖ **Social Media:** [youtube.com/watch?v=dciTrZxqbHE](https://www.youtube.com/watch?v=dciTrZxqbHE)
- ❖ **Inspirations:** Ryan Hurd/Music, Co-Creation Handbook, Beth Denison, Richard Rad, Robert Gillman/Context Institute, Seven Seeds Permaculture Farm, Urban Blues Recess.



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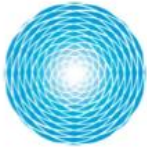
Amara Pagano, PathOfAzul.com



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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