



Katrina Menshikova: Danse Macabre



Katrina Menshikova is a performer, dance/movement therapist and improvisation trainer. She also holds a degree in clinical psychology majoring in neuropsychology. In this session, she invites you to a special dance to say a proper goodbye to the darkness and losses that you need to let go of in your life.

TOP EMBODIMENT TIP: Stay grounded; imagine any kind of warm light inside yourself, watch the light, and it will slowly calm you down.

Say Goodbye: Things You Don't Want in Your Life

- Grieving and mourning can be freeing as well as enriching, and it gives you a chance to move on in life.
- You carry many things that you don't need anymore; Katrina shares her 3-step ritual to let go of those things.

Step 1: Answer 3 Questions

- What is the aspect in your current life situation that you'd like to change?
- In order to change that, what exactly do you need to say goodbye to (to get rid of)?
- When you get free from that thing, what would you like to invite into your life instead?

Step 2: Give It A Form

- Using an object as a physical representation of what you want to say goodbye to.

Step 3: Free Movement

- Focus your attention on the given prompts/tasks, play the corresponding music track, and start moving.

Resources

- ❖ **Telegram:** t.me/bodymovement
- ❖ **Facebook:** www.facebook.com/katrina.menshikova
- ❖ **Music:** [Access Playlist Here!](#)



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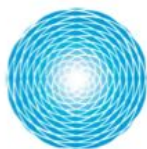
Amara Pagano, PathOfAzul.com



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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