



Daniel Sonic Rojas: Embodied Dance Movement: Rhythms of Mobility



Daniel “Sonic” Rojas has been dancing and performing for more than 25 years, including breakdance championships and tours with contemporary dance companies. He is the creator of the Embodied Dance Movement. Join this appetizer session to practice some Embodied Dance Movement techniques with his inspiring guidance.

TOP EMBODIMENT TIP: Connect to the Rhythm of Your Body.

What Is Embodied Dance Movement (EDM)?

- EDM supports **unique ways of expression**.
- It focuses on **development of intelligent self-practice** through conscious movement.
- Dance and movement practice should bring us energy and not just deplete it; so there is focus on the **flow of life force energy** as well.

Find Out How To:

- **Build a better foundation to support us** on our life journey and stay healthy as we grow older.
- The physical foundation for dance is in the core such as the abdominal muscles.
- Improve spine health through spiral movements and by **creating space in the spine for the energy to move**.
- **Everything comes from the spine!**
- **Connect to the rhythm of your body.**

Practicalities About The Session

- This session happens on the ground mostly seated but with some space to move around too.
- The session includes some breath work combined with movement.
- Find out **how to move seductively like a cat and fluid like seaweed underwater**.

Summing Up Main Ideas With Daniel’s Own Words

- Strength without mobility is nothing!
- **Through movement we find stillness, but it's in stillness, when we find the purpose of movement.**

Resources

- ❖ **Courses:** [The Movement Vortex](#)
- ❖ **Website:** [Daniel Sonic Rojas](#)



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