



Alyona Aydarova: Embodied Routine



Alyona is a psychologist, dancing teacher, host of therapeutic dance programs and body awareness workshops, massage therapist, aromatherapist, and embodied facilitator. Discover how to go down the path that will lead us from “*show me how to do it right*”, to “*how do I feel in the process of movement and what I live through during the dancing process*”.

TOP EMBODIMENT TIP: Bring more dance into everything that you do.

Getting the movement from inside: **The Inner Dance Starts From the Heartbeat**

- Connect to your breath, what value does your breath have?
- What kind of rhythm do you have today? Nothing is right or wrong, it's just your inner music today.
- What parts of your body needs your touch, what kind of rhythm do you want to be touched with?
- Create sound with you, with your body, with your touch.
- Listen to what music, what rhythm you create inside of your body.

Connect to the world: **The Life Rhythm**

- Is the life rhythm connecting to your inner rhythm? How does it feel?
- What about your palms? How can you use them, shape them to help me into the moment?
- How much power do you have right now?
- What quality does each image bring into your dance?
- In which parts of your life can each image and quality serve you?
- How does your inner rhythm change naturally when thinking of a different animal, or space?

Combine the two worlds: **Can You Stay With Your Own Rhythm While Trying On Your Personal Life Rhythm?**

- What do you want to be today, right now?
- Can you still hear your heartbeat?
- Try to pack it all into normal moves, for everyday life.
- Check In with your body's percussion; how each part of the body feels.
- Can you stay open to the other parts of your rhythm that are not as present right now?
- Come back to your inner rhythm from time to time to check in.
- How can I see things, anything, all things, with love and care?

Resources

❖ **Social:** Instagram: [alyonaaydarova](https://www.instagram.com/alyonaaydarova) Facebook: [alyona.aydarova](https://www.facebook.com/alyona.aydarova)



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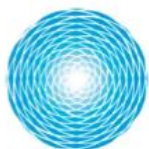
Amara Pagano, PathOfAzul.com



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.

Follow [THIS LINK](#) and receive a 50 minute guided Azul Journey to give you an experience of Azul, a \$100 coupon for our life changing Online Embodiment Training and a free month to our Membership program that will launch in January.



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