



Olga Berdikyan: Embodiment Tips: How to Survive a Photoshoot And Get Good Pictures



Olga Berdikyan is a photographer and psychologist who coaches “visible embodiment”. She also practices contact improvisation, has trained as a holistic dance teacher and works as an embodiment facilitator. Discover how photography interconnects with embodiment and take away some practical tools to make the photo shooting experience less stressful, more enjoyable and get better pictures.

TOP EMBODIMENT TIP: Breathe and enjoy.

Photography & Embodiment: Where They Meet

- Photos are embodiment markers - they show your tensions and how your body feels.
- They can also be an anchor - you can access your hidden feelings through the picture.
- I know myself from inside. Others see me from outside. We need to learn how we look through the eyes of others.

What Shapes Our Embodiment Image: Our Somatic Experience

- How do we feel inside our body? How flexible are we? How do we feel our clothes on our skin?
- Cultural and religious contexts shape our ideas about beauty.
- Our personal history - all the things that happened to your body in your lifetime.

What Happens On A Photoshoot: Why It Can Be Hard

- One can feel anxious about other people judging, about the result, how they look and not knowing what to do with their body.

Before The Shoot: Know Yourself and Take Care of Your Needs

- Get used to how you look in a non-judgemental way. Practice with the mirror - be curious about this person. What is interesting about them? What is beautiful? How would I draw this person?
- Choose comfortable clothes.
- Think in advance of things that can help you feel good. Grab a coffee, use your favourite music or perfume, etc.

During The Shoot: Relax and Enjoy Yourself

- Breathe. Be aware of your breathing. Bring your attention back to your body and check if there is any tension in it.
- How do you want to be? It's not about how you look, but how you are.

Resources

- ❖ **Website:** www.olgaberdikyan.com
- ❖ **References:** [Access Olga's PowerPoint here](#)



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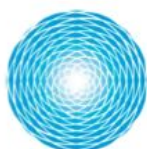
Amara Pagano, PathOfAzul.com



Amara Pagano is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](https://SchoolOfAzul.com) and the co-founder of the global conscious dance community [OneDanceTribe](https://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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