



Zuza Engler: Everyday Magic: The Art of Dreaming In Motion



Zuza Engler has taught movement, somatics, and awareness practices to groups and individuals since 1993, in classes, workshops, and body as living presence programs. Discover how to bring your dreams back into your internal conscious scope as you move your body.

TOP EMBODIMENT TIP: Please dream.

Invitation to come into the Dream World: **Going back into your internal space**

- Dreams, or being present in our internal worlds, break up the monotony of modern life.

Some Dreams Choose Us: **Dreams tells us what we need to pay attention to**

- Many times, our dreams at night are a telltale narrative of what we need to pay attention to in the conscious world

Dreamwork: **Point of Entry**

- Engler gives the example of taking a tangible object (like a necklace) or a part of nature (a tree or an animal), and then “step into” it with your mind. You can look at the object or picture it in your mind’s eye. Imagine yourself as the object and to treat it as a partner in spiritual awakesness.

Why the point of entry?: **A practice for universal consciousness**

- Expands our range of consciousness, for example, “I am big and wide and rough. I am the sea”
- It remind us of our collective human and universal experience, that we are one with the world.

Resources

- ❖ **Website:** <https://zuzaengler.com/>



All Dance & Creativity Presentations are Proudly Sponsored by

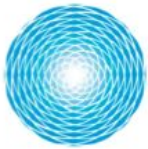
Amara Pagano, PathOfAzul.com



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.



azul
conscious movement

- ❖ Facebook www.facebook.com/Azul.consciousmovement/
- ❖ Instagram [@amarapagano.azul](https://www.instagram.com/amarapagano.azul)

Interested in securing [LIFETIME ACCESS](#) to the Embodiment Conference?

				
Recordings	Cheat notes	Bookmarks	Learning lists	Recommendations
Lifetime access to sessions to watch as you please. Video and audio-only options.	Notes on each session to highlight key takeaways and fast-track your learning.	Bookmark your favourite tools to jump back whenever you need them.	Bite-size lists to help structure and guide your learning.	Find new teachers and discover topics personalised to your tastes.

Get lifetime access now