



Heidi Förster: Freak! A Movement Workshop To Discover The Freak In You



Heidi Förster is an embodiment practitioner, dancer, living heart. With a solid background in science and a deep passion for conscious dance and for growth in the art of being, she is trained as an embodied facilitator and offers explorative movement workshops mostly in Bonn, Germany, with occasional international events. Use this practice to explore your own peculiarity and uniqueness through movement.

TOP EMBODIMENT TIP: Do The Horse Lips As Often As Possible.

Freak: How To Discover The Freak In You

- This practice uses movement to explore our inner landscape.
- Be aware of all emotions that come up - it is our responsibility to decide how deep we want to go with it.
- It takes tenderness and courage to embrace all parts that make us who we are - even the freaky, the awkward, the uncomfortable.
- Discover what makes us uncomfortable and why.

Body Awareness: Allow Space For Different Types of Movement

- Explore different body shapes and positions.
- Use the facial muscles and play with different facial expressions.
- Play with the amount of space the body takes up in the room.

Emotional Landscape: Use Writing With Movement

- During or after movement, use writing to reflect on the emotions that emerge.
- Do not spend too much time thinking, rather write what first comes to mind.
- This interaction between movement and writing can help to come into the body and to the true self.

Resources

- ❖ **Website:** radikal-lebendig.de/
- ❖ **Playlist:** [Access Heidi's Playlist Here](#)



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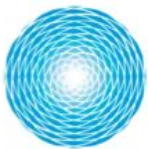
Amara Pagano, PathOfAzul.com



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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