



Katrina Gridina: Human as a Work of Art - Ethics and Safety of Performance Practice



Katrina Gridina is a *social work and integrative dance* motion picture specialist. She is an on-stage artist, co-founder and coach at School of Improvisation and Performance “The Art of Being.” Join this amazing lecture about the place of art in human nature. Experience a short practice to search for a personal balance in between “What” and “How” in performance.

TOP EMBODIMENT TIP: You are a work of Art!

Exploration: History

- Explore the differences between the way creative individuals look and feel about their work. Discover the art of connecting to yourself.
- Why have individuals been placed in jail for the art of self expression? How to express the story of your life through art?
- Find out how social work and self expression are combined for self discovery.

Methods: Variations

- Learn how to experience different sensations of expression.
- Discover how to find embodiment with this expression.
- Find out the role that Gestalt psychology plays within the release and expression of self.
- Explore how what's in the mind can be expressed through the body in art.
- Learn the many pieces of art within each of us.
- Find out what self expression is and what it's not.

Embodiment: Healing

- Explore how improvisation can take you through the exploration of yourself.
- Discover your personal limitations and beauty.
- See yourself as a work of art; this is the embodiment of life.
- Learn what you are not through the discovery of what you are.
- Discover what manifestation means in healing.
- Explore the honesty in self expression and how living in the now transforms you to self discovery and healing.

Resources

- ◆ **Website:** www.artofbeing.ru



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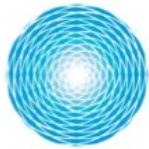
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Amara Pagano is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](http://SchoolOfAzul.com) and the co-founder of the global conscious dance community [OneDanceTribe](http://OneDanceTribe.com). Azul is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