



Michael Skelton: In Solidarity and Hope - Using the Somatic Practices of Soul Motion to Explore Embodied Acts of Solidarity



Michael is a Senior Faculty at the **Soul Motion® Conscious Dance Community**. He has been teaching conscious movement for 25 years worldwide. Explore with him the somatic practices of Soul Motion to explore embodied acts of solidarity.

TOP EMBODIMENT TIP: The Teacher is in you. Keep Listening In.

Practice 1: Grounding

- Feel the soles of your feet in relationship to the skin of the earth.
- Imagine an Aspen Tree together with others in an Aspen Grove; individual trees but below ground they're enlivened by one interconnected set of roots. It means that they are one living organism. Feel its interconnection, the wisdom, and their community. That's what we need!

Practice 2: Extension to Earth and Sky, 360 Degrees

- Come back to your skin on the earth and allow your roots to stretch out and extend out to every other human in this whole world. Know that we are Individually unique and that we also have an extraordinary connection with possibilities in every direction. Feel it. Move it.

Practice 3: What is the Earth Offering?

- Come back.....what is the earth whispering through the soles of your feet? What is it offering? What is it to be asked?

Practice 4: Conversation Between Hands and Heart

- Invitation for a conversation with the skin of your hands and the skin of your heart while still being supported underneath, root earth grounded. Feel the life pulling you, play with that life again and again coming back to your heart. Carry on...carry someone else..... allow yourself to be carried by something larger than you.

Practice 5: Let this Moment Shape You

- Let the ability to feel consciousness shape you, move, and discover what you stand for; standing together shoulder-to-shoulder with your loved ones, friends, and community woven in a rooted interconnection which always exists. No matter how bad the devastation is it will always be reborn like the Aspens burned in the fires.
- So we are. With our soul songs, heart songs, through roots, hearts, our wounds, and our joys.

Resources

- ❖ **Websites:** sinceramovement.com, movements-matter.com
- ❖ **Email:** michael@soulmotion.com



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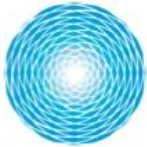
Amara Pagano, PathOfAzul.com



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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