



Kaia Hawkins: Ko Mahi Toi Au: I'm a Work of Art



Kaia Hawkins is originally from New Zealand, and comes from Māori, Scottish and English ancestry. She dances with Open Flow Movement Practices and Māori culture and creativity. She naturally brings in connection to landscapes, opening space to move from a grounded spiritual space.

TOP EMBODIMENT TIP: I am these mountains; I am these rivers.

Welcome and Opening: Easy it goes into these movements

- Beginning with welcoming, she provides opening to everyone to be relaxed and open, even if you are cooking dinner for your children. She then asks all to take a breath in, and out, to begin her prayers and blessings on the dance.

Introduction: Maori Culture

- When introducing oneself, the Māori people introduce their landscape, the mountain that is their home, where one is born from and out of. Let your body move, let your body follow its inclinations to the landscape that you are.

Mountain: I am Mountain

- Bring to your mind a mountain that gives you grounding. Maybe it is the one you were born under, or maybe it is one where you live now and call home. Call this mountain to your inside. Find this sense of groundedness sitting in your body. Where does it sit in your center? All the mountain wants to do is to support you and help you stand up.

River: I am River

- Now, find your breath, your Haka. Let that breath out and start to shift from your sense of mountain energy to the waters. Connect with the waters within you and to the waters that you were born with and the waters around you.
- Move and sense the movement of water within you and how it meets the waters in your landscape. Bring some gratitude to the water as you move. How does this water give you life?

Peace: leor

- Feeling fully supported by your landscape, by mountain, river and breath, let your voice be heard if desired. You are sacred, just like the place you were born. Honour the invisibles in your life and give breath to those.

Resources

- ❖ **Playlist:** <https://www.mixcloud.com/kaiakindness/embodiment-conference-he-mahi-to-au/>
- ❖ **Website:** <http://kaiakindness.com>
- ❖ **Music** (from session): <https://m.mixcloud.com/kaiakindness/embodiment-conference-he-mahi-to-au/.8>
- ❖ **Social:** www.facebook.com/openfloorwithkaiakindness



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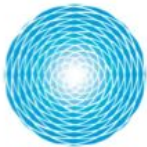
Amara Pagano, PathOfAzul.com



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