



Megumi Miyata: Let Your Soul Talk: Bridging Worlds Through Your Hands



Megumi Miyata is a dancer, seeker, bridge builder and teacher of Flamenco and Movement Medicine. Born as a 3rd generation of Korean descendant in Japan, her ongoing quest for the meaning of life took her to travel throughout the world and meet the dance. She is delighted and dedicated to awaken and empower the dancer residing in us all across the globe. Explore how our hand movement can be an expression of our soul.

TOP EMBODIMENT TIP: Take your hands and let them dance with you everywhere.

Hands Tell The Story Of Our Soul:

- Learning the secret to Flamenco being the movement of our hands was the gateway to exploring more about how our hands present the expression of our souls. Our hands can express power, gentleness and sensitivity in dance and in everyday life.
- Our hands are constantly multi-tasking, sharing many skills and expressing many feelings. **They are the most creative parts of our body.** Developing our awareness around our hand movements can influence how we connect with people.

Hands Are The Messenger:

- Megumi shares examples of Buddha statues from Japan and Laos and **how a simple pose can communicate a strong message.** For the 1400 year old Buddha statue in Nara, Japan, the right hand up, palm out is inviting us not to be afraid, left hand palm out and down is expressing salvation. In Laos, Buddha is posed standing with hands at shoulder level and palms facing out as a request for fighting to end. Strong messages communicated through a hand pose.

3s Movement Activity: a soothing, deep, and calming activity accompanied by music from Akira Ikeda

- Megumi leads us through a very soothing activity of hand dancing. She introduces three different movements and invites everyone to participate. It is calm, relaxing and promotes interconnectedness to others and to ourselves. It is an exploration of how our hand movements can be an expression of and connection to our soul.

Resources

- ❖ **Music:** [Access the Playlist Here!](#)
- ❖ **Website:** movement-medicine-japan.com



All Dance & Creativity Presentations are Proudly Sponsored by

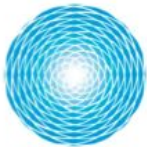
Amara Pagano, PathOfAzul.com



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