



Ya'Acov Darling Khan: Life is Movement - Invoking Power, Presence & Purpose Through Your Inner Shaman



Ya'Acov Darling Khan is a respected shaman, a best-selling author, and the co-director of the School of Movement Medicine. His work focuses on reawakening a sense of the magic, potential, and splendour of creation in as many people as possible around the globe. In this powerful offering you are invited to meet the profound power and presence of your own inner shaman.

TOP EMBODIMENT TIP: Embrace your heart & learn to make friends with all of those feelings & emotions as if they're just the weather. Without embracing our heart there is no space in the body to live.

Embodiment: What Does it Mean?

- Embodiment is nothing new, the only thing that's really new about embodiment is that we have to talk about it at all. For most of our human existence prior to the industrial age we simply **had** to be embodied and engaged to exist.
- Embodiment means to have **ROOTS**, to be connected to the ground beneath our feet.

The Inner Shaman: Your Personal Power

- Shamanism is the capacity to bring vision and physicality together. Imagination and movement. To bring dreams and what is yet unmanifest into form and life.
- Knowing that within you there is the power to transform, to create, to heal, to be who you truly are, to stand up for life - for what really matters to you.
- **Allowing yourself to receive the blessings and nourishment from life**, just as a tree receives the light of the sun and the life-giving gift of the rains, bringing it in to your body, heart and being, to be strengthened and connected in a very simple way to a greater power through which there is *all* the resilience, *all* the creativity, and *all* the healing power that you need to be who you truly are and make your offering in this world.

Resources: Nature and the Elements

- When we *know* this body, our own bodies, AS the earth, AS the light of the sun, AS the waters and AS the breath of life, we can connect with the profound resource of the elements that are the very stuff of which we are made.
- The inner shaman is already connected to the elements and in **deep relationship, through the body and heart**, with life inside and all around.
- All these resources, including our ancestors, **are not far away from us**.
- When we connect with them through our dance or embodied prayers/rituals, we are not only *receiving* the gifts but *giving back* through our dance of gratitude for these incredible living resources that make up who we are.

Resources

- ❖ **Books:** *Shaman: Invoking Power, Purpose & Presence at the Core of Who You Are*
- ❖ **Website:** [The Darling Khan Web Portal](#), [School Of Movement Medicine](#)
- ❖ **References:** Gabrielle Roth - Founder of 5 Rhythms



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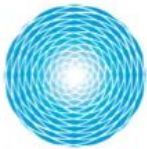
Amara Pagano, PathOfAzul.com



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.

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.



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