



Katie Wells: Love Letters to Humanity



Katie Wells is a teacher, dance artist, and founder of Interweave Conscious Movement® sharing her greatest joys of improvisation and course development to connect the body, mind, spirit and psyche. In this session, Katie performs Love Letters to Humanity and what she calls Conscious Dance Theatre, a form created for the sole purpose of inspiring the inner growth of its audience.

TOP EMBODIMENT TIP: Express creatively!

What to Expect:

- Discover Katie's 50 minute expressive dance and theatre performance
- Join to be inspired by the movement and thought provoking ideas

Disembodied Culture:

- Crushed self image
- Addiction
- Uncomfortable emotions
- Gender bias

Coming into Wholeness:

- Express
- Emote
- Find joy
- Find community

Resources

- ❖ **Website:** interweave.love
- ❖ **Connect with Katie:** misskatiwells@gmail.com



Katie Wells





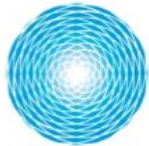
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Amara Pagano, PathOfAzul.com



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.



azul
conscious movement

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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