



Adelle Brownlee Brewer:

Art of Creativity! Focusing on Breath and Movement to create healing space in Body, Emotions, Mind & Spirit



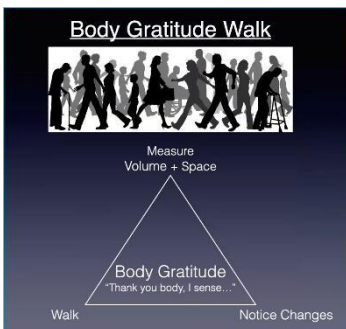
Adelle Brownlee Brewer is a certified Nia, 2nd Degree Black Belt Somatic Educator + Trainer, Transformational Breath® + Trainer, RYT 200® Yoga Instructor, TaijiFit Instructor and Reiki Master. Experience the magic of Nia FreeDance, become a sensation scientist and feel inspiration!

TOP EMBODIMENT TIP: Reach out and continue to be a seeker, and a learner, and an evolver of life.

Nia FreeDance: Art movement creativity

- Focus on the power of the breath to increase energy, release stress, and bring healing space to all the realms.
- 4 realms: body + emotions + mind + spirit + presence = wholeness, presence, and embodiment.
- Our body is designed to move and through movement we bring health at a cellular level.
- Change is the elixir of life and we can be the change that we want to see in this world.
- Remember that your body is there for you as a sacred vessel to protect and take care of you.
- Movement is medicine for your oldest friend and your greatest companion: your body; which has never left you.
- Take your heart and your soul and your body and your breath out to the dance floor of life.

Body Gratitude Walk: Notice Changes with volume and space



- Allow enough time and space for your body, emotions, mind, and your spirit to experience the power of breath and movement healing medicine on your mood and state of mind.
- Breathe your life force energy as you activate your body.
- You will feel more connected, not only to yourself, but to the healing energy of the world.
- Enjoy the warmth and tingly sensations in your body.
- Fill yourself with joy, pleasure and wellbeing.

Resources:

- ❖ **Website:** <https://adellebrewer.com/>
- ❖ **Social:** Instagram [@adellebrownlee](#), Facebook: [Adelle Brownlee Brewer](#) email: AdelleBrewer@gmail.com
- ❖ **References:** Music by [James Asher, Starfield Studios](#), Debbie Roses cofounder of Nia Body of Work, Judith Kravitz of the transformational breath foundation, David Dorian Ross, founder of TaijiFit, YogaFit



Adelle Brownlee Brewer





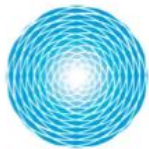
All Dance & Creativity Presentations are Proudly Sponsored by

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.



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.

- ❖ **Facebook** www.facebook.com/Azul.consciousmovement/
- ❖ **Instagram** [@amarapagano.azul](https://www.instagram.com/amarapagano.azul)