



Mia Goedecke: Nourish your Femininity through Sensual Curiosity: A Movement Practice through Embodied Feminine Flow



Mia Goedecke is a feminine embodiment coach, movement teacher, creatress & facilitator of The Art of Embodied Feminine Flow - a playful & sensual feminine movement practice beyond exercise. Experience an Embodied Feminine Flow practice, specially created for women to feel more feminine and alive in their skin and to infuse life with a greater sense of health, joy and vibrance.

TOP EMBODIMENT TIP: Pick the songs you love and get inspired by them. Make dance a daily practice.

All Is About Embodied Exploration

- The session is about tuning into your female body.
- Let your body guide you from its wisdom.

Be curious

- What is there right now in the body? Move from the inside.

You are the topic today

- The session is about you. What do you need today from the session?

Nourishment

- Open the senses. Let go. Surrender
- We nourish feminine movement through movement. Let go of tension to surrender.

Spiral Circling

- The Spiral is about the feminine movement. It is like there's no end point. Go smoothly from one movement to the next.
- See where your body is carrying you to. Feel that your body is elastic.

Moving Massage

- Movement is like self massage. It helps information travel with greater ease through your body.

Combine Wildness With Softness

- Move with more energy, without losing the flow.

Open Up To Grace And Presence

- These are forms of feminine power.

Resources

- ❖ **Hashtag:** [#onesongpleasureflow](#)
- ❖ **Courses:** [Online-Retreat](#)
- ❖ **Website:** [miagoedecke.com](#)
- ❖ **Email:** you@miagoedecke.com
- ❖ **Music:** [Mia's Spotify Playlist](#)



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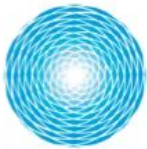
Amara Pagano, PathOfAzul.com



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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