



PANEL with Dunya McPherson, Ajay Rajani, Camille Maurine and Tal Halevi: Awakening Through Dance



Join **Dunya McPherson** Founder of Dancemeditation; **Ajay Rajani**: 5Rhythms Dance Teacher; **Camille Maurine**: Co-Author, *Meditation Secrets for Women*, *Meditation 24/7* and *Practices to Enlighten Every Moment of the Day*; and **Tal Halevi**: Choreographer, Dancer, Teacher of Somatic Movement, Core Energetics and Body-Mind Centering. Discover their personal observations on an embodied practice while exploring where movement takes them.

TOP EMBODIMENT TIP: **Dunya:** We are gifted with this body - savour it. **Ajay:** Prayer - for self or others, seated or moving - we need more prayer. **Camille:** It's all about energy moving and being in wonder. **Tal:** Go down to the floor, feel contact with the earth, focus on the breath and let go of everything else.

Dunya McPherson:

- Each of us has a path, and you have to honour that before all else.
- As you step into the fabric of consciousness there is a sense of creativity and wonderment. From this place, you discover that the thing you thought was missing is, in fact, not missing.

Ajay Rajani:

- There's a universe inside to explore and we can access this through meditation, sleep or simply closing our eyes.
- 5Rhythms is an ultra simple way to practice getting out of the way to receive a transmission, to explore nonduality, the simplicity of life and discover that in life, everything is absolutely perfect.

Camille Maurine:

- Dance and movement can be used to awaken awareness. Awareness wants to permeate every cell, merge with the cosmos and the body of love.
- Embodied movement does not require a lot of intellectual content. Instead, it asks what is the direct experience?

Tal Halevi:

- Embodied movement asks what is innate? What can be awakened personally?
- Perception changes the expression, the expression feeds the new perception and this creates a loop that is replenishing and insightful.

“Dance is the most direct route to the truth.” - Gabrielle Roth



Dunya McPherson



Ajay Rajani



Camille Maurine



Tal Halevi





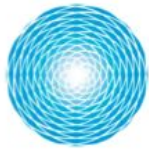
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Amara Pagano, PathOfAzul.com



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.



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