



Panel: Men, Movement, and Emotional Intelligence - Reinventing “Manly” for an Embodied World



Navigate through and push back on the ideas and “rules” in society that give a definition of masculinity, with four practitioners who seek to reimagine what masculine feeling is and can be.

TOP EMBODIMENT TIPS:

Adam: *Pay attention to what you feel and what you are experiencing.*

Michael: *Throw away any definition that you have of masculinity, just throw it away and start over.*

Wren: *Practice creative movement without a goal; this develops fully embodied emotional intelligence.*

Peter: *Explore and feel in your body, very much live in everyday situations, and when you touch the borders [of rules/codes] it's not being reckless, but feeling into the situation, and feel what that gives you.*

Michael Skelton: Partner, Father, Teacher and Dancer.

- Don't let any outside definition of masculinity define you. Let's design our own masculinity and continue to refine that.
- Dancing is a gift of life. Dancing is masculine. Ballet is a challenging sport.
- In dance, all emotions are easily embodied. When in a physical space, intimacy is easy. in the everyday, “defense mechanism”, nothing coming in/going out, need of bridging practices; fatherhood, “greatest teaching”
- Sports/martial arts: coming of age, mentorship, disciplined ego, humble, embodied, emotionally intelligent, physically adept

Adam Barley: Founder of ZeroOne and a Dance Teacher.

- Breathing is a way to regulate communally.
- Remember and feel embodied emotions through dance and drama. Small movements (“stop and feel”) are helpful in remaining attached to the emotional body and support processing of traumas & experiences.
- Masculinity is taboo and associated with testosterone and fighting.
- DANCE WITH MEN, enables more vulnerability with each other. This is the time of magnificent reshuffling and redesign.

Wren LaFeet: Somatic Permissionary, Founder and Facilitator of Cocréa Mindful Partner Dance, Certified Attunement Therapist.

- Practice: group of men supporting one man in a circle, letting him dance to whatever music that speaks to him, and hold space for him to move and dance to his heart's content.
- Love and Dance, simultaneous ideas; partner dance, evolution through relating.
- Masculine dance partners make use of intentional fighting/grappling/fiery movement and replace fighting with “co-creation”.
- Compare masculine/feminine cultures: *“What is it to be in the fully masculine or fully feminine and dance?”*

Peter Appel: Yoga Teacher in Four Traditions, Dance Facilitator, Mental Trainer, Writer, and the Founder of Movingness.

- Pain is our teacher.
- Small movements: connect emotions “inner dancer”, layered self, dance and breathing moving meditations.
- *“Move in a way that your thinking mind cannot follow”*. Movement trains sensitivity and emotional intelligence.

Resources

- ◆ **Courses:** [Presence, Purpose, and the Shadow with Adam Barley](#)



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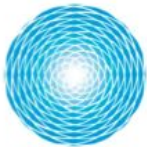
Amara Pagano, PathOfAzul.com



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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