



PANEL: Everyone is a Dancer. Everyone is a Creator



Learning to dance is learning to live. What if you looked at your life as a dance? Explore the power of dance with...

[Rachel Blackman](#) is an artist, somatic educator, theater maker, Feldenkrais practitioner and mentor

[Amara Pagano](#) is the creator of the School of Azul, leader and innovator in the world of conscious dance

[Ya'Acov Darling Khan](#) is a respected Shaman, writer and co-director of the School of Movement Medicine

[Michelle Boule](#) is a life coach, healer, world renowned artist and teacher.

TOP EMBODIMENT TIP: The invitation to rest in the non verbal realm: to sit below, beneath, and outside of spoken language.

Beauty and Presence: **How does beauty bring us back to presence?**

- **Rachel:** To behold beauty allows aliveness to take place. It is bringing me into participation with and connection to.
- **Amara:** Beauty brings us into connectivity: It opens the doors to love, appreciation, and communion and how to be fully in the moment.
- **Ya'Acov:** Beauty is sometimes ugly, it's not only about sweetness. Agony and ecstasies are all about the presence inside and about being with all there is.
- **Michelle:** Beauty and all of its form is allowing us to connect to something larger; It allows us to do that within ourselves and I feel like that's the basis of healing. We become whole, we see who we are in our wholeness without denying any of the parts we have been taught to shut down and hide within ourselves.

The Power of Dance: **How is dance a laboratory for living?**

- **Rachel:** To be embodied means to dance and be in the movement. It's a process of imagining, locating and expressing the movement and thus bringing aliveness into the invisible, dark parts of ourselves.
- **Amara:** We are having a dance with life all the time, we are in a constant dialog with it. It's a beautiful teacher.
- **Ya'Acov:** Everything is there in the vocabulary of the shapes of the body so practise working with the body in the movement.

Integration: **How do we improve our connection from the time we spend on the mat or dance floor so that it actually impacts the things that matter in our life?**

- **Ya'cov:** To bring experience from the workshop or dance floor to real life: Be a good mama to it, be kind with it, hold it, give it a space to grow inside you. Be a good papa to it, give it support, give it some attention each day. Break it down into small achievable steps every day into direction of integration.

An Invitation to Men: **To join the space of conscious dancing and to restore their sacred duty, to be the teachers of the heart.**

- **Amara:** "Men are the teachers of the heart and when they are able to be in their hearts what happens is it moves the world."



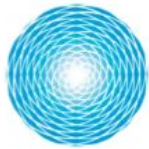
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Amara Pagano, PathOfAzul.com



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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