



Tamara Romaniuk: Re-Rooting in the Universe Open Floor: Somatic Practice with Art in Motion



Tamara Romaniuk is an Open Floor Movement Facilitator and Somatic Coach and as well as an artist and trainer of Mindfulness. She also created the [Local Heroes](#) company to promote creativity, individuality, and entrepreneurship. Discover space without limitations, through mindfulness, movement meditation, somatic movement practice, dance movement, and art exploration.

TOP EMBODIMENT TIP: Take a walk, look at the stars and notice your breath. It's so simple and yet sometimes so difficult.

Core Dynamic Movements: **There Are Ten Core Dynamic Movements.**

- Used as anchors to root ourselves in the universe.

Expansion and Contraction: One of the **Core Dynamic Movements.**

- This is a **dynamic** movement that happens all the time in our bodies.
- It occurs with our breath, with **inhale and exhale.**
- It happens on an individual level, as well as a **cosmic and universal** level.

Individual Dynamic Movement

- There are times when we feel **expanded** and more alive, and this expansion is very well received in Western culture.
- Other times we might want to hide so we nourish ourselves to be less visible and not so expanded.
- Being **vulnerable** is less common in society.

Constant Movement: There is **constant movement** on an **individual and cosmic level.**

- We need to learn how we can keep expanding, and not get stuck.
- We need to keep moving and noticing.
- We **shrink** when we need to **nourish** ourselves and our planet.

Resources

- ❖ **Courses:** Small Group Creative Movement and Mindful Laboratory (November 5, 2020)- [Re-rooting in the Universe](#)
- ❖ **Website:** tamararomaniuk.com
- ❖ **Facebook:** facebook.com/openfloorwithtamararomaniuk/



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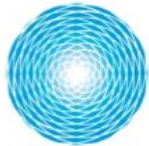
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Amara Pagano, PathOfAzul.com



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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