



**Michelle Locke: Release, restore and heal through Wu Tao**



Michelle Locke is the founder of Wu Tao - The Dancing Way, a healing dance form based on Qi Flow and the 5 Elements of Traditional Chinese Medicine. Explore flowing dance that restores balance and reconnects us with the natural flow of life.

**TOP EMBODIMENT TIP:** Bring your Qi (and healing will follow).

**Wu Tao: an holistic movement meditation that has physical, spiritual, mental and emotional benefits.**

- Wu Tao looks at what is going on in the body energetically and explores how we can calm and bring balance to the nervous system and bring more energy into our lives.

**Wu Tao as Reconnection to Nature: Bringing balance through the 5 elements.**

- In Chinese Medicine, our organs and meridians (energy lines) are linked to the 5 elements (wood, fire, earth, metal and water) and healing is aimed at bringing balance to these elements in our bodies. Each dance focuses on the elements and its associated organs and meridians.

**Wu Tao as a Spiritual Practice: Transforming energy**

- Each class begins with a meditation to identify challenges that can be brought into the dance as an offering and uses the dance to transform Qi (life force) into a natural balance. The dance follows the Mother (supportive) and Son (release) cycles of Chinese Medicine, freeing up energy in one element and bringing nourishment to the next.

**Choreography of Wu Tao: Dancing with the elements**

- The simple flowing choreography of the dance connects to the qualities of the elements that already exist within us. Each dance uses visualisation of the natural elements, focusing on different organs to free up movement in the meridians. Wu Tao is accompanied by music created for each dance and composed to evoke different elements.

**The Easy Dance or the Dance of Wisdom: A warm up dance suitable for those with mobility issues**

- The exploration begins with a breathing meditation to bring awareness to sensations and thoughts, and softens the body and clears the mind to open the participant to receive healing from the dance. The Easy Dance aims at connecting all the meridians and can be done seated.

**The Air Dance: An exploration of Wu Tao**

- The Air Dance is associated with the element, metal, and the season, autumn, and focuses on the lungs and large intestine, bringing attention to how we process, release and move through transitions. Participants are invited into a gentle shaking exercise to permit an effortless flow of energy. Michelle guides dancers through the choreography using visualisation and explanations of which meridians and organs each movement is designed to activate.

**The Gift of Wu Tao: To open ourselves to everything that life offers us, and from a place of knowing that we are safe and held, use the skills of movement, to transform what we are offered into something magical.**

**Resources**

- ❖ **Website:** <https://wutaodance.com>



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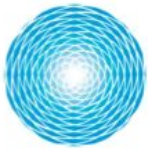
Amara Pagano, [PathOfAzul.com](http://PathOfAzul.com)



**Amara Pagano** is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](#) and the co-founder of the global conscious dance community [OneDanceTribe](#). 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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