



Ajay Rajani: Seeking Stillness: A Journey through Moving to Seated Meditation



Ajay Rajani is an accredited teacher of the 5Rhythms who trained with Jonathan Horan. His spiritual journey began over a decade ago with a strong practice of seated meditation. Discover two distinct areas of meditative practice through dance and then stillness.

TOP EMBODIMENT TIP: Life will bring you people and circumstances to reveal where you are not free.

The Practice of Body Parts: **Bring body awareness through movement**

- Whatever movement each part of your body wants to do, is the right movement.
- Starting with the feet, explore each body part deeply, going up all the way to the top of the head.

5Rhythms: **Use the body and the breath to come back to the present**

1. Rhythm of fluidity - A continuous movement. Use the inhale to propel the body.
2. Rhythm of staccato - Explore the edges of your space, of your body. Bring an occasional pause into your movement. Use the exhale to make lines and angles with your body.
3. Rhythm of chaos - Gently letting go and softening the body. Letting go of shapes and allowing the body to shake away any tension.
4. Rhythm of lyrical - Expand the body and let the hands connect to the world. Feel the inner moving world, slowing down to more simple movement.
5. Rhythm of stillness - Sitting down.

Seated Sufi meditation: **Just be here for a moment**

- Bring your focus on the inhale and exhale without modifying the breath.
- While life is happening all around you, just bring your attention back to the breath.

Resources

- ❖ **Playlist:** [mixcloud.com/ajayrajani/5rwavetec2020ajay/](https://www.mixcloud.com/ajayrajani/5rwavetec2020ajay/)
- ❖ **Book:** Maps to Ecstasy - Gabrielle Roth
- ❖ **Website:** <https://www.5rhythms.com/teachers/Ajay+Rajani>



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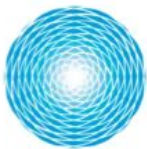
Amara Pagano, PathOfAzul.com



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