



## Rayla Meshawn: Sensual Flow and Sensual Dance for Reclamation



Rayla Meshawn is an educator and specializes in healing arts. They teach Sensual Flow, a fusion dance class that offers tools to enhance body awareness, healing, and self-expression. Explore how reclaiming our physical bodies can heal intergenerational, societal, and personal wounds.

**TOP EMBODIMENT TIP:** My feet, my hips, my breath. Am I there?

### Sensual Flow: A Movement Practice To Reclaim Our Bodies and Connect With the Femme

- Sensual Flow offers participants the tools to increase self-awareness by bringing the sensations back into their bodies. It uses self-massage, breath, eye contact, body scanning, and body awareness.
- Sensual Flow **brings mindfulness to unconscious body language of shrinking** - like locking of the hips, looking down, discomfort in taking up space.

### Radical Embodiment: Knowing Where Our Limitations Are and Doing It Anyway

- We are not often given opportunities to be **raw, sensual, and open**.
- We can learn to reclaim who we are meant to be and to take up space.
- This practice can **confront gender roles that serve to minimize** and restrict our true selves.

### Collective Healing: Healing of Intergenerational, Inherited Beliefs, and Societal Conditioning

- We can discover where the pain of our ancestors resides in the body, release it and thus bring ancestral healing.

### Building Tools: The Practice is to Bring Body Awareness into Every Aspect of Our Lives

- A key factor is to learn self-regulation. In each moment, we can ask ourselves what is occurring within our bodies, tune into our breath, and feel into the body.
- By using this embodiment practice, we can learn how to be of service to ourselves, and in turn to others.

### Resources

- ❖ **Website:** [RaylaMeshawn.com](https://RaylaMeshawn.com)
- ❖ **Instagram:** [@RaylaMeshawn](https://www.instagram.com/RaylaMeshawn)
- ❖ **Facebook:** [Rayla Meshawn](https://www.facebook.com/RaylaMeshawn)



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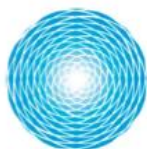
Amara Pagano, [PathOfAzul.com](http://PathOfAzul.com)



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

Follow [THIS LINK](#) and receive a 50 minute guided Azul Journey to give you an experience of Azul, a \$100 coupon for our life changing Online Embodiment Training and a free month to our Membership program that will launch in January.



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