



Roisine Erskine: Shame And The Voice



Róisín combines her 15+ years of experience in post-conflict community work with her passion for personal healing, self realization and creative expression. She works with individuals to address mental, emotional and physical traumas through therapeutic movement and sound.

TOP EMBODIMENT TIP: If the body is a resonator, then it is your duty and obligation to sing.

Using the Voice: Practice

- **Yogic three-part breath:**
 - Abdominal
 - Rib cage breathing
 - Ujjayi breathing
- **Om chanting:**
 - Pay attention to what parts of your body are restricting or resisting.
- **Vocal warm Up:** change the tone of the same phrase using vowels a,e,i,o,u.
 - We practice articulation of the respiratory system so that we can get to know it in an intimate way, and that will give you capacity to influence how you direct it.
- **Obnoxious sounds are important to make:**
 - The resistance you feel is ego-centered. It manifests in the body, but as children we don't question the natural obnoxious sounds we make -- we learn how to question them, and thus resist.

Group Sound Meditation:

- Róisín leads attendees in a sound meditation using sound bowls.
 - Notice where tension lies in the body. Don't try to change it, only observe it.
 - Róisín invites attendees to hum.

Tips and Advice:

- **Tip for accepting shame:** the only way to overcome it is to keep showing up without judgment. It has to become a lifestyle.
- After Róisín was complimented for her soothing voice, she explained:
“I wouldn't know I had a soothing voice if I didnt ever let it out.”

Resources

- ❖ **Books:** Look out for her upcoming book *Losing My Mind, Mindlessly*.
- ❖ **Courses:** Look out for her new course “Shame and Voice” in the coming months.
- ❖ **Website:** www.roisinerskine.com



Roisin Erskine





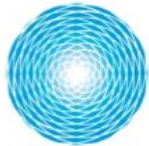
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Amara Pagano, PathOfAzul.com



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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