



## Arawana Hayashi: Social Presencing Theater



Arawana's pioneering work as a choreographer, performer and educator is deeply sourced in collaborative improvisation. She currently heads the creation of Social Presencing Theater (SPT) for the [Presencing Institute](#). Working with Otto Scharmer and colleagues at the Presencing Institute, she brings her background in the Arts, Meditation and Social Justice to create "social presencing" that makes both current reality and emerging future possibilities more visible.

**TOP EMBODIMENT TIP:** Stay in the body, in the social field, stay connected, value silence.

### Being In The Body: Appreciation For This Moment

- Experience holding the body in one shape
- Find movement that comes
- Giving birth to the next shape

### Presencing: Movements

- Awareness, feel into a new way of being and doing
- Something I do, something I feel, put these together
- Move it, draw it, write it, share it

### Stuck Places: How to Access Wisdom We Collectively Hold

- A problem is never only individual
- Full of wisdom and feeling
- Systems thinking - interdependence with past social/historical memories

### Making the Social Field Visible: Building Relationships By Complementary/Contrasting Movements

- Develop empathy by passing movements to another, share pause and openness
- Social movement in Zoom, creating multi-dimensions
- What gesture can emerge out of open wide spaces that create openness to others

### Resources

- ❖ **Website:** [arawanahayashi.com](http://arawanahayashi.com)



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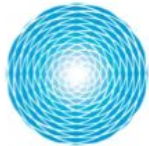
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**Amara Pagano** is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](http://SchoolOfAzul.com) and the co-founder of the global conscious dance community [OneDanceTribe](http://OneDanceTribe.com). Azul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