



Andrew Cain: The Delight of Surprising Yourself



Andrew is a therapist/coach and a long-standing improviser who sees both roles as seamlessly integrated. He believes that play, connection, fun are key parts of emotional and physical wellbeing, and his coaching and training work often integrates laughter. In this session he offers an introduction to improvising and connecting with surprising parts of ourselves.

TOP EMBODIMENT TIP: Allow the body to help you discover something new

Improvisation As A Practice: It's Not Just For Extroverts

- It is not necessarily about being big, loud, funny or talented or performing for others.
- It is a good practice for its own sake, to see what we find within ourselves.
- To loosen from rigidity and perfectionism, to experience more fun and joy.

The Golden Shadow: Part Of Ourselves We've Disowned

- Children have no fear about improvising in response to a cue; growing up, we tend to become the parts of ourselves we get approval for.
- We lose track of other parts of us that are not necessarily dark or evil, but may be our fun, creativity, fluidity, etc.
- They become trapped in cages. We can begin to reclaim them by gently picking the locks.

70% Stretch: Play Between Comfort And Overwhelm

- Like in yoga class, invite yourself to a gentle stretch in making yourself seen – depending on your particular comfort and discomfort zones
- Explore the space where you are pulled towards something but also afraid of that thing
- Fear in the absence of danger can be a mark of our greatest treasures, which we've lost track of: the thing you are drawn to but afraid of is likely to lead to interesting possibilities

Improvisation Isn't Solitary: It Is Building Together

- Like a dance or a conversation, it involves listening and answering, intertwined together
- Saying 'Yes' to what happens and then adding something of your own
- 'Bring a brick, not a cathedral' – each ingredient can/should be simple; they come together to make something meaningful, joyful that one could never build individually

Resources

- ❖ **Website:** <https://playconnect.co.uk>



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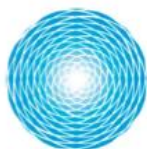
Amara Pagano, PathOfAzul.com



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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