



John Cremer: The Fine Art of Improvisation



John Cremer is an award winning professional speaker. He brings many years as a performing improviser to share. We will learn 3 simple yet highly effective techniques that improvisers use to create magic on stage and off stage. No talent or experience is required. Prepare to laugh!

TOP EMBODIMENT TIP: Embody your story to bring it to life. Structure creates Freedom.

Fill the gap between plans and reality with humor!

- There is always a gap between our plans and reality. In that gap, we can feel a lot of stress and fear, what about deciding to create entertainment and have a go at humor? We often think that improvisation comes from special people, but we all have it.

Techniques

- #1. One... Day... We... Went.... . one word at a time, to start to tell a story. #2. Yes, and..... One person starts, and whatever they suggest, just say “Yes, and..... “ to add on to an incredible story. #3. Create a commercial with a suggested item from the audience, and then sell it. Whatever technique you use, remember that Structure Creates Freedom.

Embody your story to bring it to life.

- The story in your mind has structure to it, give your body a place in the story, dance with it. It brings out the fun! And really important in this is to listen very hard to your partner, and your audience, and go with their story too. Get out of the way of your and your partner’s brilliance. When we wobble, it is especially creative, just keep going, and when you reach a blank, that’s a moment of Satori. We spend too much time pushing stuff in, and doing, “Right” things with lots of anxiety involved. In school, the high achievers have to keep striving endlessly, and the low achievers have a long way to just being successful, making us so stressed out we lose some of our creativity which is our birthright.

Resources

- ❖ **Books:** The Art of Reading People: Gain instant insight into the hardware of human beings.
Improv - Enjoy life and success with the power of yes
- ❖ **Websites:** <https://www.johncremer.co.uk>
<https://www.themaydays.co.uk/john-cremer-3-2/>
- ❖ **Social:** <https://twitter.com/johncremer>
- ❖ **References:** Dumbing Up Down, by John Taylor Gatto



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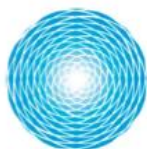
Amara Pagano, PathOfAzul.com



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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