



Kierra D. Foster-Ba: The Five Rhythms® and Existential Kink



Kierra Foster-Ba is a 5Rhythms® teacher and Body Wisdom Coach who offers workshops around the world. Discover how to use the 5Rhythms® and your authentic movements for personal liberation.

TOP EMBODIMENT TIP: The acceptance of the whole self is the key.

5Rhythms®: Dance Based Meditation Practice

- Founded by Gabrielle Roth
- Uses movement through the five 'rhythms' or waves, to reach the highest levels of ourselves.

Existential Kink: Work By Carolyn Elliott

- When we open ourselves to accepting ourselves fully, including the dark parts, we can become superstars.
- This practice uses authentic movement as a way into the body and the self.

The five rhythms are:

1. **Flowing** - Circular, smooth movements: tuning into the energy of the body and the breath.
2. **Staccato** - Angular, defined movements: the gateway to the heart and the teacher of boundaries.
3. **Chaos** - Chaotic, unpredictable movements: the practice of uninhibited release.
4. **Lyrical** - Light, effortless movements: expansive and connects us to humanity.
5. **Stillness** - Internal and external stillness: creating humble and mindful closings.

Resources

- ❖ **Website:** <https://shakingspiritwaves.com/>
- ❖ **Playlist:** www.mixcloud.com/Creativa/
- ❖ **Book:** [Karen Elliott - Existential Kink](#)
- ❖ **Social:** Instagram: [@kierrafosterba](#) Facebook [shakingspiritwaves](#)



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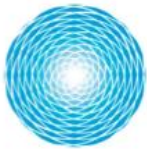
Amara Pagano, PathOfAzul.com



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.

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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