



Karen Studd: When in Doubt, ROTATE!



Karen Studd is a master teacher of the Laban-Bartiniéff system and has taught around the world. Karen is also a Registered Somatic Movement Therapist RSMT and educator RSME. She is focused on both personal and professional development through awareness of movement. She is the co-author of *EveryBody is a Body*. Experience this movement session exploring rotation both as a big idea of world space harmony patterns as well as specific movements.

TOP EMBODIMENT TIP: When in doubt, rotate! You don't need a lot of time. You don't need a lot of space. You can do a lot with a little.

Rotation

- Rotation is linked to the kinetic chains of action and the embodied phrasing of action and this is because we are synergistically designed
- Rotation provides a link to the phrasing that allows our movement sequences to be smooth and harmonious.
- Rotation is about adaptation, and allows us to finesse our movement, to shape our movement, interact with tools and engage with others.
- Rotation is a crucial part of warming up
- Rotation is a vital part of movement and we need to invest in rotation for anti-aging and to continue to connect to our possibilities.

Rotation and 3D Space

- Our access to 3D space is linked to the capacity we have for rotation
- We are designed to move dynamically and efficiently

Focus on spine and limbs

- Our focus is on the spine and limbs because of the concept of proximal joints and the spine's rotary capacity and how those things connect.

Bilaterality

- There is also this wonderful design of our bilaterality in the harmoniousness of our inward and outward rotation, giving us a duality of rotation that also affords us a certain kind of balance in this very mobile aspect of rotation.

Resources

- ❖ [View Karen's PDF here!](#)
- ❖ **Books:** *EveryBody is a Body* **Website:** wholemovement.org/karen-a-studd/
- ❖ **Instagram:** [@wholemovement](https://www.instagram.com/wholemovement) **Facebook:** [facebook.com/wholemovement.org](https://www.facebook.com/wholemovement.org)



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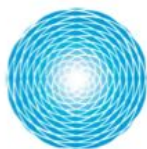
Amara Pagano, PathOfAzul.com



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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