



Video Transcript

Empower The Feminine Through Dance

Hi everyone. Elisa here, and today's class is called Empowering the Feminine through Dance. Us, modern women spend a lot of time in our masculine, in a society that asks us to move in straight lines with efficiency, with productivity, and it's so important as Gaia goddesses that we balance all of that with the movement of our feminine. So today is a guided dance movement meditation, which means that we'll be moving our bodies in sensual ways to awaken the feminine wisdom and spirit within us. And there's no way that you can do it right or wrong. So I'll be guiding gentle movements. Don't worry about looking like me, really make it your own and really let the movement come from the inside out so we're going to start by bending our knees step your feet about hip width apart and join your palms in front of your heart and before we get into more feminine curvy juicy sensual movements we're going to start really simply with five deep breaths so as you inhale swing your arms down and let them reach all the way up lift the chest and as you exhale lower the arms round your spine thumbs to the forehead four more deep breaths like that inhale expand and as you exhale round your back three more nice luscious breaths let your with the feminine, the left side of the body. And then find the balance right in the center. Inhale, and as you exhale and join your palms together in front of the chest, embody balance between the right and left, between the sun and the moon, and the masculine and the feminine principle then. And just take one more moment here to connect. a figure eight in your pelvis right and left, moving with this prayer for balance, following the rhythm as it comes in.

The feminine moves non-linearly in circles and spirals so start to circle your hips and
 let's lift our arms keep circling to the right good circle your wrists as you
 circle your hips down lengthen your spine four more three two and one to the left
 circle two three, four. Let's lift the arms for two,
 three, four. Good. Add your wrists as we circle down.
 Four more.
 Good. Roll your shoulders back. Move like water.
 Good. Just pressing.
 Good. To the left.
 Getting nice and warm here.
 Four, three, two, one. For the last little bit of this song.
 Allow the movement, the wisdom of the feminine to guide you. Moving like water.
 Serpentine.
 When we're connected to our feminine, to the wisdom of our body, we are in our
 power.
 Beautiful job. Maybe feeling a little warmer.
 Good.
 So the feminine has a whole range of expression. Feminine can move soft fluid like
 water, which is also strong and powerful. So we're going to tap into that in the
 next song. Stepping your feet with me.
 We're going to add our arms and turn our chest and get low.
 Feel the power. The
 Three two one other side to the left just let your right arm do whatever it needs
 to do
 Good eight seven six five four three two one
 Just let your feet do whatever They feel inspired to do.
 Connect to your power and strength.
 Add your arms.
 Where in your life? Would you love to feel more in your power? Channel that here.
 Amazing, amazing.
 And let's do three lion's breaths as we move. Take a deep breath in and exhale.
 Sticking your tongue out, we're going to do that two more times.
 Inhale,
 exhale. and
 one more time big lion's breath welcome your wild woman inhale exhale good
 job turn up the volume let loose let go
 The practice of dance meditation or trans dance uses movement to quiet the mind.
 So just keep moving, keep following the drum.
 You're doing amazing.
 If it feels good, let those circles and spirals come back in.
 How does your wild woman want to express herself today.
 Amazing.

Congratulations on breaking free, breaking out of your own box, and welcoming your wild woman. So I want you now to get really low in your...

turn one knee in and out four three two one we're going to the other side good in in yoga this is often called the goddess pose two one staying low in your hips finding that playful sensual movement of the feminine in your hips.

No right or wrong. Just sensual play.

Anything you've got left to shake out.

So the feminine has many faces, right? She can be soft and fluid. She can be strong and powerful. She can get low into her hips. And the feminine can also be a pure celebration of joy and of life. So for this song, I want you to connect in whatever way you can to that lightness and joy. Just let yourself groove around your space. Let go of your thoughts, let go of your to-do list, and just move your body.

What are the qualities that you'd love to dance through life more with? Bring that in.

Good, keep going. Let this be a meditation. The movement, the rhythm, the breath, ease and joy.

appreciated and embodied.

Beautiful Beautiful job.

So for this song, I want you to bend your knees. We're going to cool down a little bit with some stretching, some movement. Drop your chin to your chest. Circle your head in one direction.

Good. One more time in that direction.

and switch circle

your shoulders cooling down

good step one foot forward one foot back come into a little lunge

and switch sides

good stepping together and ending our practice just as we began with five deep breaths joining the palms together soften the knees inhale reach up exhale round your spine

the masculine and the feminine.

And with an exhale, join the palms together in front of your heart and feel the balance you've just created and cultivated within,

remembering your personal intention for empowering the feminine and committing to walk in balance for the good of yourself and for all beings.

With your next exhale, bow your head in towards your heart and celebrate yourself for dancing, for awakening and empowering your feminine. Thank you so much for dancing with me. Have a beautiful rest of your day.