

Embodied Snacks Oula Fusion 1 Song Journey with Jamie Anesi

***(All Choreography by Kali Linder, founder of OULA
www.oulafitness.com)**

Re-dance any of these songs again and again anytime!

In this music and movement journey we are making room for the experience we are living through in 2020. By allowing movement, music and space for our emotions and sensations related to our body's natural reaction to stress and trauma, we can have more access to the social engagement part of our nervous systems, our ventral vagal connection. When we are compassionate to our bodies responses to current life conditions, including fight, flight and freeze and we recognize we are not broken because of this, there starts to be more room for play, curiosity and joy.

Where The Shadow Ends by Banners

The vulnerability of recognizing the shadow, the fears. Instead of numbing or peacing it away, we tell the story with our body. We are the storytellers. In this song, we have a chance to feel the shadow and bring light to it by witnessing any emotions, images or sensations that arise. Perhaps a grounding image for this song is The lighthouse. A place in you where you occupy the felt sense of being the lighthouse. By being a witness to our own vulnerable process of being human is a way of becoming the lighthouse for ourselves, for our shadow material. Feel the courage that takes, the strength to witness vulnerability.

“There’s a darkness up ahead
I will see you
Where the shadow ends
Cross the badlands to rise again
I will see you
Where the shadow ends.

Underneath the roaring of the storm
I can hear the breaking of the dawn
Can you see the broken rays of light
Caught into the dead of night
And I know that I’ll see you again”

Wonders (Acoustic) by Broken Back and Klingande

A love song of sorts, to ourselves, to the places we have wanted to escape to. We will play with honoring the nervous system's natural desire to flee. Instead of shaming the natural desire to flee, we will give space to explore the nature of flee. Allowing the story to come through about the fantasy of escape, a secret safe place. Permission, to let the body move this flee through.

Sensing the movements of both holds and escapes. Perhaps there is a way to sense flow and appreciation for this flee.

Should we ride to the North until the South
To the western wonders
Burning all desires, tell me
Should we go somewhere high together now
Till the eastern colors
Lovers undercover

Falls (Reprise) {Instrumental} by ODESZA

In this song, we explore the energy of feminine and masculine, focus and flow, softness and sharpness. This is a chance to play with this energy of vulnerability and strength without lyrics, allowing the choreography to take us on a journey, a story.

Yellow Light by Of Monsters and Men

A chance to go inside as far or as little as you choose. We will be playing with accessing the release of the freeze, the shining light on this protective layer of freeze and then sensing what happens when we meet it with compassion.

Somewhere deep in the dark
A howling beast hears us talk
I dare you to close your eyes
And see all the colors in disguise
Runnin' into the night
The earth is shaking and I see a light

If the World Was Ending by JP Saxe & Julia Michaels

A chance to give space and room to the questions and the fears that have been arising during this time of a global pandemic and political upheaval in our country. Tender, tender mercies to our bodies and hearts.

If the world was ending
You'd come over, right?
You'd come over, you'd come over, you'd come over, right?

Rain by Benn Platt

Room and space for honoring the feelings and sensations of grief and sadness and the desire to flee. We will play with movements for this combination of freeze and flee and honor this very human experience through dance.

My heart is broken and broken and broken and broken
But I keep, keep on hoping and hoping and hoping and hoping
That if it keeps on breaking and breaking and breaking and breaking

Then one day it'll open and open and open and open and open for you

Hey!

I know we've both been afraid

But we can't run from the wind and the thunder

When we're dancing under the rain, the rain, the rain

Wild by Raylee

Oh yeah! Here we go with some Wild side! Here we play with sass, with some fight and flee combo! This song really lets us feel the power of these protective parts of ourselves. Sense your tail and claws in this one! RAAAW!!!

Nothing wrong with my posture (nothing wrong with my posture)

Just a beautiful monster (just a beautiful monster)

And there's no kind of remedy I need for being me

Baby, swing your body, body 'round and 'round

Run like a lion, run like a lion

Chase the fire when the sun goes down

Run like a cheetah all the way to Zion now

Natural animal, oh, you know savage is my style

Swing your body, body 'round and 'round, 'round

Like it wild, yeah, I like it, like it wild

Breathe Slow by Broken Back

Tender, tender to our human hearts, to our body system, to this time. This is a chance to let the heart, the longing to connect to each other dance and sing.

When you're lost, faded soul and trust

Dancing demons in dust, watch them fall apart

When you don't know if you're strong enough to do so

Take my hand, real slow, watch them fall apart

Breathe slow, breathe slow

Shadows on the wall 'cause

This small light glows

Don't let the cold night

Don't let the cold night fall

Courage by P!nk

In this song, this storytelling, we play with after accessing energy of self compassion for ourselves as we navigate a lot in this time in our history. We move in a strong but tender way and remember that we “don't have to do this perfectly” and that we can access the courage to Change, one breath at a time, one song, one storytelling at a time. Continue playing with the character of courage!

I'm walking uphill both ways, it hurts
I bury my heart here in this dirt
I hope it's a seed, I hope it works
I need to grow, here I could be
Closer to light, closer to me
I don't have to do this perfectly, yeah
Rain, it pours, rain, it pours
It's pouring on me
The rain, it falls, rain, it falls

Sowing the seeds of love and hope, love and hope
We don't have to stay, stuck in the way
Have I the courage of change?
Have I the courage of change?
Have I the courage of change today? (Oh)
Have I the courage of change?
Have I the courage of change?
Have I the courage of change today

I'm Still Here by Sia

A chance to really own the complexity of ourselves, our journeys. To claim space and yell out "I'm Still Here"!

I'm fighting a battle
I'm fighting my shadow

I'm fighting for me, though
I'm lighting the long way home

Oh, the past tormented me
But the battle was lost
'Cause I'm still here

I'm winning the war now
I'm winning it all now
Watch tears while they fall down
I'm winning the war now
I win against ego
Cast light on the shadow's long
I'm winning from ego
I'm lighting the long way home

