

## **Embodied Snacks Oula Fusion 1 Song Journey with Jamie Anesi**

**\*(All Choreography by Kali Linder, founder of OULA  
[www.oulafitness.com](http://www.oulafitness.com))**

Re-dance any of these songs again and again anytime. Let yourself be the storyteller in this practice of exploring vulnerability, strength and courage in the body and spirit . When we play in a way that gives room for exploration without judgment, then our bodies, our nervous systems start to expand and make more room for inner resourcing.

### **Songs for this Class**

#### **Colour In Your Heart by Roo Panes**

This song is all about holding space to witness the stories of the body. In the last 7 months the body, the heart has taken on a lot. During our Fusion practice, what might it be like to give permission to witness all the colors of your experience, your sensations, your images, thoughts and emotions.

“If it’s gonna rain then we’ll drop in puddles,  
if you look a little deeper, then a bottle can hold the stars”

#### **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 sens 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.

### **Angel by the Wings by Sia**

We will play with being tender to the vulnerable and hurting sides of ourselves. There are movements of reaching and diving. What if the angel was yourself, perhaps twenty years from now witnessing and saying I see you, I love you, you are doing your best. This is just the way it is for you now.

Oh so, your wounds they show  
I know you have never felt so alone  
But hold on, head up, be strong  
Oh hold on, hold on until you hear them come  
Here they come, oh  
Take an angel by the wings  
Beg her now for anything  
Beg her now for one more day  
Take an angel by the wings  
Time to tell her everything  
Ask her for the strength to stay

### **Alive by Sia**

In this song we will start to activate movements of power, strength and survival. I recommend playing with images of yourself as a superhero. Perhaps this is a song playing with the hero's

origin story, the place where courage is born. This is a song where singing the lyrics can really help the body deepen into the story of being alive!

I was born in a thunderstorm  
I grew up overnight  
I played alone  
I played on my own  
I survived

I'm still breathing, I'm still breathing  
I'm still breathing, I'm still breathing  
I'm alive  
I'm alive  
I'm alive  
I'm alive

### **I Believe That We Will Win by Pitbull**

In this song we are playing with the fight energy of the nervous system. Even if right now in our lives, we don't "believe that we will win", we play with the possibility of feeling this in our body, in our hearts. Maybe even imagine getting into a character that does believe this, another superhero play of sorts. Step into the character and play with the attitude the fight and the bad-assness.

Now when it comes to fear you can either  
Forget everything and run  
I said I (I)  
Or you can face everything and rise  
I believe (I believe)  
And let me tell you what I believe  
I believe that (I believe that)  
I believe we gonna face everything and rise  
I believe that we will win (I believe that we will win)  
I believe that we will win (say it)  
I believe that we will win  
I believe that we will win (say it)  
I believe that we will win

### **This is Me (From "The Greatest Showman") by Kesha**

In this song we will totally play with owning all parts of ourselves and shining that light out! Once again, permission to play with a character who might be telling this story of coming from the

shadows, from places of feeling broken and rising to feel the gloriousness of themselves. Play with accessing that deep belly part of the song that sings, “this is me”!

I am not a stranger to the dark  
Hide away, they say  
'Cause we don't want your broken parts  
I've learned to be ashamed of all my scars  
Run away, they say  
No one'll love you as you are  
But I won't let them break me down to dust  
I know that there's a place for us  
For we are glorious

Another round of bullets hits my skin  
Well, fire away 'cause today, I won't let the shame sink in  
We are bursting through the barricades and  
Reaching for the sun (we are warriors)  
Yeah, that's what we've become (yeah, that's what we've become)  
I won't let them break me down to dust  
I know that there's a place for us  
For we are glorious

### **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

### **Fight Song by Rachel Platten**

In this song, permission to feel the courage we have been cultivating throughout the practice, to dance the song of your self worth, to access the fight for your voice, your life, your tender and strong heart.

Like a small boat  
On the ocean  
Sending big waves  
Into motion  
Like how a single word  
Can make a heart open  
I might only have one match  
But I can make an explosion

This is my fight song  
Take back my life song  
Prove I'm alright song  
My power's turned on  
Starting right now I'll be strong  
I'll play my fight song  
And I don't really care if nobody else believes  
'Cause I've still got a lot of fight left in me