



# DANCING MEDITATION

**Purpose:** connect with your body, slow down and relax your mind

**Preparation:** Make sure that you have a speaker connected and have a playlist ready. One playlist you could use of 21 min is below, but you can choose your own.

<https://open.spotify.com/playlist/6nGiGjVpakuYQeeAWpK7Pb?si=a709a1a1bdd54e98>

**Duration:** 20-30 min

**Group size:** can be done in as small group as 5 people and as big as 100

**Age:** 18+

**Process:**

Start by introducing the purpose of the session to participants and invite them for the next 20 min just to listen to the sound of the music, close their eyes and feel how their body wants to move by the music.

Before you start, ask the group to collectively agree to keep their eyes closed, - explain to the group that by keeping our eyes closed, we are creating a safe space for everyone to move freely. Dancing in public can be scary for many people as people might fear to be judged by others, thoughts like “what if people think that I am stupid” or “what if people will think that I move or dance weirdly”, etc. can often come to the people and prevent their free expression while dancing, so by closing our eyes, we reduce the possibility of such thoughts coming in and feel safer. An important thing to note, - make sure that no one is recording the session and even tell to the whole group and the team. This again enables a creation of safe environment.

**Note:** if it's possible do this practice in the evening, in the darkness with the lights turned off. This makes participants feel safer and freer to truly embrace the practice and move freely.

Once you have explained everything, before playing the music, just say one more time that the only thing participants need to do is to close their eyes, find their space in the room, listen to the music and your guidance. Once everyone has closed their eyes and found their space in the room, you can start playing the music. People will need to stand in the room and you will guide them through a gentle movement practice. In order for participants to not bump into each other, invite them to find their space in the room arm's length wide.



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Start by inviting participants to take couple of deep breaths in and out, so that they would come to this present moment, start feeling and connecting with their bodies. Invite participants to take 3-4 deep breaths and afterwards start breathing naturally in their own rhythm.

Invite participants to start gently moving their arms and hands and step by step go through all the body parts until the whole body starts moving by the sound of the music. Scanning the body and starting to slowly gently and softly moving all the body will take about 3-8 min (you can use the first 2 songs on the playlist to guide the body scan). The 3rd song of the playlist starts being more active, so you can invite participants to start connecting with their wild tribal nature while listening to the song. That part of them that is connecting to the group, to the circle, the part of them that carries their authenticity, creativity, inner power and inner strength. Invite participants to express through dance their wildness, their authenticity, their inner power. The wild part in us, represents our tribal ancestral nature, our connection to our ancestors, our creativity, our shadows, - the parts of ourselves that we might have suppressed due to societal norms and expectations. Now in this safe space we have the chance to try and reconnect with our tribal side, our creativity, which can be expressed in authentic and unique ways for each of us.

The 4th song is a gentler and calmer, so for this song, invite participants to connect with their heart and feel what the heart wants to tell them, what messages it carries and what does their heart need at the present moment. Perhaps the heart wants to dance slowly or perhaps it wants to just sit or lie down still on the ground. Invite participants to tune in to the feelings of the heart and body, and choose individually what feels right for them at the present moment.

For the last song, invite participants to start slowly coming back into the room, into the space, slowing down the movements, taking 3-4 deep breaths in and out. And whenever they feel ready, they can gently in their own time open their eyes.

After the dance, you can invite the group for a short 5-10 min reflection by asking them some guiding questions (you can choose your own questions):

- How did it feel this practice to you?
- Was it easy or challenging to connect with your body and dance by the music?
- How did it feel for you to have your eyes closed during the practice?
- Did you feel safe and free in your expressions?



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