

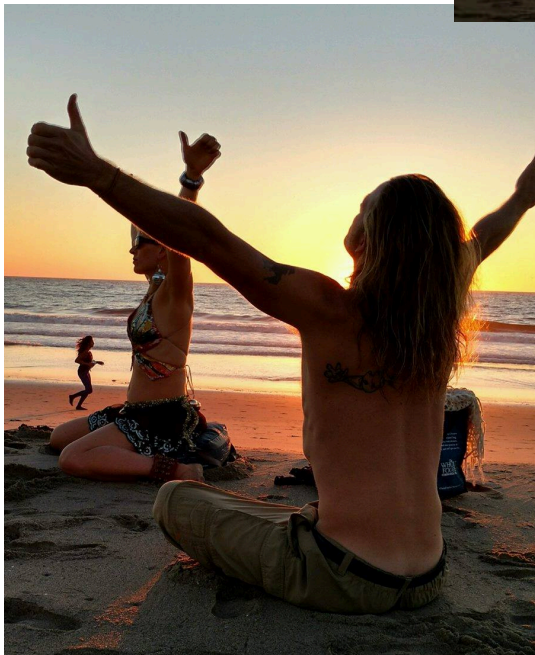
## Dance Meditation Outline

### 1. Come as You Are

**(5 minutes)** Connect and share the experience of your day with a partner while stretching and slowly warm up with guided, movement instruction.

### 2. Gratitude to attendees and description of Dance Meditation (5 minutes)

Dance meditation is your connection to the divine, to abundance and to the great creative conscience that rests in the heart and soul of every living being. Dance meditation involves three parts: expressing and releasing emotion, creating something or setting an



intention, and opening our hearts to abundance. No specific dance skills or flexibility is required. This is not a “dance class.” This is a healing meditative practice, for all to enjoy. At some points you might be encouraged to move in a certain way, but please remember to listen to your own body first and foremost and be aware of any past injuries.

### 3. Expressing and Releasing Emotion: (20 Minutes)

**a)** We will express our emotions through movement release the stronger feelings, which may be unwanted, and cultivate the heightened mental and emotional states that we want to share with the world. If you reach a point where you would like to share your sensation, you can dance it into an energy ball and pass it to another dancer. Please no talking at this time.

However, laughing, sighing, chanting or singing is welcome. This portion builds for 10 minutes and peaks with everyone being encouraged to fall safely to the ground.

**b)** The remaining 10 minutes is a sitting Kundalini breathing practice to cleanse our bodies of dis-ease.



#### **4. Creating or Setting an Intention (5 minutes)**

Colorful note cards are passed out and people are encouraged to write a poem, a prayer or set an intention for themselves.

#### **5. Opening our Hearts to Abundance: Guided Heart Chakra Meditation (seated for 7 minutes)**

High priestess Lindsey leads participants to open their heart chakras to their intention and have faith in the universe to provide for them.

High Priestess Angel Star Love blesses each participant with crystals and Reiki.

#### **6. Dancing Intention (5 minutes)**

Participants express their intention or poem through movement to uplifting tribal music.

#### **7. Cool Down (five minutes)**

Participants are lead through some simple stretches, breathing techniques and yoga poses to release any tension.

#### **8. Connecting with Community: Circle back massage, sharing intentions, and gratitude**

**(8 minutes)**

Participants sit in a circle and give each other massages and share their intention, poem or something they are grateful for by whispering it in the ear of the person to whom they are giving a massage.

