



Movement & Flow

|| Ecstatic Dance ||



Expressing yourself through **MOVEment**

Exploring your relationship and freedom with the space (air) around you!

Only a *few* rules.. BUT IMPORTANT

Rule numero uno::

Respect all those around

- Do not touch anyone else or invade their space

Move however you wish

- No one in ecstatic dance is judging you so experiment with different poses, moves, whatever you are comfortable with

No shoes!

- Take off those foot prisons so you can connect with the ground beneath you better



Class Structure

Week 1: Introduction

- Have a discussion with children beforehand about the relationship the space around them.
- Play kids choice of music so they are familiar with songs and gain interest.
- Dance! Give words of encouragement as students may be shy to begin with.

Week 2: Sacred Dance

- Choose a variety of music on a playlist that has different cultural relevance
- Suggest students dance how they think each culture would dance to the different types of music
- Have a discussion how dance is sacred

Week 3: Types of Dance

- Discuss different types of dance
- After discussion have students enact different types of dance
- What are the benefits of each kind of dance?

Week 4: Using Masks to Dance

- Create animals masks using Paper Mache DTT, or else just paint uniform asks into animals
- This may take up a whole week, but after have the kids dance with masks.
- In doing so observe if wearing a mask and acting a character alters their dancing

Week 5: Integrate Use of Props!

- Make props such as staffs, fans, ect.
- Can use flowers, sticks, natural items
- Discuss how this changes dancing styles

Week 6: Conclusion, Reflection, and Celebration!

- Have discussion on how we've grown through dance. What have we learned?
- Celebrate with upbeat music and and dance until your heart's content!

Week 1: Getting comfortable with moving freely

What is Ecstatic dance?

What is the purpose? Discuss.

- To build a relationship your body and its ability to bend, twist, and understand movement
- To express our emotions in a healthy kinetic way
- Learning to be comfortable in front others
- Finding a way to heal ourselves of daily stresses

Bodies can move in more ways that we think. In water we are fluid, in air we can be as so; and gain freedom in learning to move.

Week 2 : Bringing the Sacredness into Ecstatic Dance

Religions and Cultures that have used/still use dance:

- Native Americans
- Eastern Indian and Hare Krishnas
- Tribes in Africa
- Polynesian islanders
- Persians
- Russian Ballet
- Japanese in Kabuki plays and Geishas
- Almost all cultures in history were involved and influenced with dance



Week 3 : Wide variety of Dance

Liturgical Dance

- Liturgical dance is sacred dance done for the purpose of religious worship. Often times referred to as worship dance or praise dance. Liturgical dance exists in faiths such as Christianity, Judaism and Hinduism, and more. This type of dance enhances religious stories, meanings and symbols with gestures and movement.

Cultural Dances

- Many cultures around the globe have developed their own dances, and these often have a sacred element to them. This includes African dance, Hawaiian hula, Persian dance, and many others. Usually these dances contain elements of storytelling and gestures that connect the dancers and their audience to the natural world and to their community.

..|| Conscious Dance ||..

- Conscious dance is movement that is done in the desire of self expression, meditation, and connection. **When this type of dance is freeform or unstructured, it might be called ecstatic dance or trance dance, and it would also include contact improv and some creative dance practices, such as authentic movement.** Conscious dance can also include structured movements such as circles dances or body prayers. There is often an emphasis on healing, and personal or spiritual growth in conscious dance.

Contemporary Dance

- The foundation of modern dance. Traditionally involves professional dancers and choreographers. Often fusing styles and genres, and experimenting with presentation. This type of dance is usually structured.



Week 4: Dancing with masks and costumes

The purpose:

To have kids dance with costumes/special made masks to see if that helps them to better express themselves. Often times when people are put into roles they have more confidence as given an identity other than their own.



Week 5: Using Props to Dance

Making Props:

- Can make staffs out of pvc pipes
- Fans out of paper
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Using Nature to find Props:

- Find sticks on the ground, maybe braid some thread around them to make them more decorative
- Able to use flowers as props, pine cones, ect.

Week 6 : Reflection



- How do your emotions feel after six weeks of ecstatic dance?
- How does your body feel?
- Have you learned anything or gained knowledge from dancing freely?
- What principles could you apply to your everyday life, that you get from ecstatic dance?

Tips



Resources:

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