

Rhythmwood Groove

A Conscious Free Style Dance Evening

Guidelines

No talking - Once you are on the dance floor please refrain from verbal communication. The reason for this is so we can stay in our bodies, talking brings us into our heads. By not speaking while we are dancing we have the opportunity to fully *embody* this practice, like a moving meditation. We are still connected to the group and may communicate in other ways such as eye contact or smiling. Sound is always welcome, we just refrain from using words!

You are free to move and rest when you wish - If at any time you feel like resting, please feel free to do so. The window seats are great for sitting in and allowing you to stay connected to the group. Just remember the first guideline, *no talking*, even when resting!

Respect each person - We all have different comfort levels. Please be sensitive to each person around you. Sometimes the dance floor is more crowded than others and we need to be conscious of how we move around each other and in the space.

Keep the lids on your water bottles - There are 2 places only for water bottles; in the front cubbies or on the wooden tray in the far window sill. The earthen plaster will be damaged from a water spill so please keep the lid on tight at all times when you are not drinking. Thank you!

Warm up movement begins at 7:30. You are free to move, dance, stretch and warm up in your own way. Opening circle begins at approximately 7:45 and closing circle is at 9:30. We begin and end together as a community, however you are not required to move the whole time. Listen to your body, move and rest as you need to. Please feel free to stay and chat after closing circle! Thanks for helping us grow this community dance groove.