

Welcome to Dancing Mindfulness!

Dancing Mindfulness classes are a wellness practice. Classes have a basic structure and flow to them and each class will also be somewhat different depending on the theme and music incorporated.

My classes usually begin with sitting on the floor in a way that is comfortable for you, with attention brought to breathing exercises, body awareness and connecting to your needs and personal intention setting. We will then get your body ready to move, with light stretching and sometimes a few simple yoga poses. The music will change/flow to help you in letting go and you will find yourself moving and dancing. As you come into your own comfort level the music is there to guide and suggest where you may want to go. Perhaps you find yourself yearning to dance your heart out. Maybe you prefer to gently sway and take in the melody. Whatever your heart desires, it is welcome in a Dancing Mindfulness class.

The music will continue to ebb and flow throughout the class and I invite you to express yourself in your own unique way. If at any time you feel the need to opt out for a moment or period of time to take care of yourself that is encouraged without judgment. As the dancing comes to a close, I will invite you back to a comfortable position on the ground. Soft music will accompany time provided to reflect quietly. Sometimes you may be guided through a breathing exercise or a silent meditation. Other times guided imagery may be provided. Whether you participate or just sit quietly is up to you. This is your experience, your time to honor what you need.

I will be available after classes for any questions you may have. If you would like to provide a song/music suggestion(s), I will have a "music box" to drop your requests into.