

# Dance to enhance your Jewish Soul

September 22<sup>nd</sup> @ ..... On Zoom

I get up. I walk. I fall down.

Meanwhile I keep dancing.

Rabbi Hillel (Pirkei Avo1:14)

Come and dance with others in our Kehillah! A different Jewish dance experience. You need an open mind and be willing to join in, move and hopefully experience joy! I wish to share some of my love of dance with you.

*Dancing is the hidden language of the soul.*

Martha Graham

## **Aim**

This session will be a short exploration. Creative dancing from a Jewish perspective to connect your brain/mind, body, emotions and spirit. You will dancing in your own space on Zoom (It is a shame we cannot dance together in person but never mind!)

The session will encourage you to open your heart, experience flow and connectedness. The intention is to enable you to experience prayers more fully during HHDs services.

## **What it is not**

It will not be Israeli dancing, klezmer, circle dancing or quite like anything else you might have done before. It will be your own dance experience using music, tasks and guidance,

## **Everyone is welcome!**

No experience is needed so don't worry if you are stiff and don't know your right from your left or have never danced before.

Fit and experienced dancers, artists or sports enthusiasts can gain a lot too.

Adults from 18-90+ and youngsters from toddlers and young people.

Times have been tough. Here is an opportunity to "Be in the Moment"; to dance with increased awareness and experience joy and connectedness beyond yourself.

Dance reflects the desire of the inner self to transcend its limitations and connect with something greater.

## **Useful information**

- You are responsible for your own body and safety.
- Please wear loose clothing that you can easily move around in. Soft shoes, trainers or barefeet – no heavy boots or high heels.
- It won't matter how little or much floor space you have, but it must be safe E.g. no slippery floors or things to bump into. You must be able to see the Zoom screen.
- Do not eat a big meal beforehand. Have some water available to drink during the session
- You will dance within your own capability. You can adapt and interpret as you wish.

It will be on Zoom. Details on ways to join session will be sent out in advance. Looking forward to dancing with you.

Jackie