



## **SPIRIT DANCE MEDITATION Example Script - GRATITUDE**

### **INTRODUCTION & SCREENING**

Welcome to **SPIRIT Dance Meditation** - My name is ..... (screen for injuries)

SPIRIT Dance Meditation is a guided journey of **dance** and **meditative self-discovery**. We are going to **connect** with the **music**, **live in the moment** and **set ourselves free**. This is a non-choreographed, barefoot practice and there is no judgment.

When you put the headphones on you will notice that there is a little black dial on the side of one of the headphones. This is your **volume control** so you may turn the music up or down to find the perfect volume for your meditation journey.  
The switch on the other side should be on channel 1 – the BLUE channel.

**The vibration** sound you can hear right now is designed to help you slow down, come into the present moment and drop inside.

If it feels good for you, I invite you to close down your eyes, and come to your breathe before we start this practice.

### **INTENTION & VIBRATION**

**In this practice, we are moving with the intention of **Feeling into the healing and empowering energy of Gratitude****

Find the right position for you sitting, lying or standing

If it feels good softly close your eyes

And **place one hand on your heart** and one on your belly.

Let this incredible vibration hold you and support you.

**The first part of this practice is all about 'TUNING IN'**

Can you tune in with the vibration sound?

Can you feel this grounding vibration in your body?

Come home to your breath, your connection to the earth and this present moment.

Can you let your knees soften

Your belly soften

Your shoulders relax

Your face soften

And your jaw relax

Take a breath in and exhale with a long sigh. Ahhhhh Don't be afraid to open your mouth and make noise.

### **TUNE IN SECTION – (MUSIC COMES IN)**

If it feels good start to intuitively move with this music

Enjoy the music as it helps you and guides your movement

Stay with this moment that you are experiencing right now.

Bring your awareness to your shoulders, your neck and head.

To your chest space and heart and then down your arms and into your hands and fingers

Let your awareness travel all the way down your spine to your hips and pelvis

Let your knees bend so you can move your hips  
Bring your awareness down your legs and into your feet.  
Feel the ground

**Feel into your deepening connection with your body and energy**

**Our body's know how they want to move... we just need to allow our minds to get out of the way!**

**Now bring your awareness back up the body to your chest and heart space.**

**Breathe into your heart and feel it awakening**

**Allow yourself to feel**

**Feel the incredible magnetic field of your heart**

**Feel into the vibration of your heart**

**Let this music touch your heart**

**What are you grateful for in this now moment?**

**Let's dance into an elevated state....**

**In this practice we are releasing the mind and coming home to the body**

At the beginning of this practice, it's normal to be in your head, it is where we spend most of our time navigating this world.

Try not to judge yourself. Have compassion for the thoughts that are arising

Allow what is arising to just move through you by feeling it

You don't need to judge it, You just need to feel it

**By feeling and practicing gratitude we are in a state to receive.**

**We are in an energy that is drawing something to us**

**When you are in a state of gratitude, you are sending a signal to the universe that you are open to receiving more abundance.**

## **DANCE SECTION**

The next part of this practice is all about **MOVEMENT**

**Lets dance into your future with Gratitude**

Its time to feel into your incredible energy

If it feels good I invite you to shake until you feel like your awareness has dropped even deeper into your body

Really feel your feet on the earth

Bend your knees and allow your hips to move

For this part of the practice if it feels good **I invite you to open your eyes**

Feel into the fluidity of your hips

Let this fluidity move up your spine as you breath

Connect with your heart space

Allow this energy to travel down your arms and into your hands

Breathe

**If you feel yourself coming up into your head try closing your eyes and shaking**

Try rhythmically bouncing to this music

And breathe.

Feel into your deepening connection with your body and energy

Can you feel into this energy?

Allow your heart to open

Move like you

Trust your body knows what to do

**Trust the intelligence of your body**

If it feels good, allow the movements to become bigger

Let the energy move through you

**Let this music help set you FREE**

**Thinking is the language of the mind**

**And feelings are the language of your body**

**your body only understands feelings**

**The electrical and emotional charge from your feelings draw things to you like a magnet**

**Can you invite the emotion of gratitude into your body?**

Breathe Feel your feet on the ground

Feel into the deep presence of this moment

Your feet-on-ground

Hear the sound of the music

Breathe

**Your body knows what to do, let it move through you.**

### **LET GO SECTION**

If it feels good, maybe you want to **close your eyes** and travel inwards again

Or if you feel like keeping your eyes open, bring your awareness with curiosity to what your eyes are choosing to take in, as they anchor you into this present moment.

Breathe, feel the ground

Sigh

Feeling grounded, and connected to this present moment that you are experiencing.

What is moving through you now Now

If it feels good Sigh

The last part of this practice is all about **LETTING GO**

Feeling your heart, belly, your legs and your connection with the earth.

**Feeling into the sense of SPACE, FREEDOM and LIGHTNESS that you have found in your body**

If it feels right slowly and softly make your way down to lying on the ground

Feel earths gravitational pull

Releasing what no longer serves you.

Let it go and give it to the ground

Relax.

Relax, open and release.

Keep relaxing. Relax your shoulders, your Jaw and relax your heart.

**Gratitude is the memory of your heart**

Surrender, Just let it all happen.

Now coming back into land, feeling your breathe, the clothes on your skin

The ground, when you are ready softly open your eyes

Slowly make your way back to a seated position

### **OUTRO**

**Lets close this class in a circle.**

It's time to take the Headphones off

How are we all doing?

**Can you share with me one word for how you are feeling right now?**

**Thank you** all so much for sharing this dance meditation journey with me.

Wishing you all a beautiful day

IF YOU HAVE ENJOYED THIS EXPERIENCE PLEASE LEAVE SOME FEEDBACK ON THE DL APP