

SOMATIC DANCE

How to use somatic dance in your practice -

Unless you are also trained in dance instruction, the integration of somatic dance into your private practice or even group class settings will be free form and intuitive based. When you lead somatic dance with your clients you will approach this similarly to how one would lead a guided meditation, acting as a tour-guide and allowing each client to have their own unique expression and experience. You might start out focusing on one part of the body, exploring all its potential in free-movement, and then moving onto to another part of the body. A good somatic dance practice will guide attention of the client or clients to their whole bodies, one section or part at a time.

Below you will find a sample script that you can use in your practice, it is very similar to intuitive yoga, with more of a focus on moving to music, breath and in slow sweeping motions. This script will also be available in the handouts section -

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Somatic Dance Session Script

Begin by putting on peaceful music and start in a still standing position. We will be focusing on moving to beat of the music, moving with the breath and in slow sweeping motions.

Check In & Set Your Intention

Don't plan anything out – just bring your awareness to your breath and body. Notice how do you feel in this moment. Achy, tired, happy, sad, energetic...avoid trying to understand why you are feeling these things, just observe it and go with it. Set an intention for your practice. Maybe that is to relax, connect with your body or something else.

Start Moving

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Listen to your body and see if you feel like beginning to move. Start by slowly swaying the body to the rhythm of the music. As you continue to listen to your body, follow its guidance... begin moving to beat of the music, moving with the breath and in slow sweeping motions, trust that your body knows what it needs, listen, and follow.

Next, bring your awareness to your arms... allow them to move to beat of the music, moving with the breath and in slow sweeping motions.

Next, bring your awareness to your torso... allow it to move to beat of the music, moving with the breath and in slow sweeping motions.

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Next, bring your awareness to your head... allow it to move to beat of the music, moving with the breath and in slow sweeping motions.

Next, bring your awareness to your legs... allow them to move to beat of the music, moving with the breath and in slow sweeping motions.

Now bring your whole body into movement, allow it to move to beat of the music, moving with the breath and in slow sweeping motions.

* Your somatic dance practice can be 5-minutes or even a few hours.

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