

Spin It! Shabbat *Spin It!*

AUTHOR(S):	Akiko Yonekawa
SUMMARY:	Shabbat is a reminder of the acts of creation. In this session, you will have an embodied experience of creation and the memory of it. - <i>Submitted by Akiko Yonekawa</i>
TOPIC(S):	Embodied experiences, Shabbat programming
LEARNING OBJECTIVE:	Participants will be able to incorporate movement into their programming methods and connect Shabbat to creation.
AUDIENCE:	All audiences of all ages (accessible for people with restricted movement)
TIMING:	20 minutes
APPENDICES:	N/A
MATERIALS NEEDED:	Amp or speaker and cord for device (or blue tooth enabled) + ecstatic dance music (you can find it on Amazon or Spotify)
SET-UP DETAILS:	Large empty room

SESSION TIMELINE & OUTLINE:

00:00-00:10 Choreographing Creation
 00:10-00:15 Dancing the Dance of Creation
 00:15-00:20 Shabbat Asana

00:00-00:10 Choreographing Creation
 Participants will stand in a circle. Facilitator should explain that they will be doing movement which makes some people uncomfortable, but if everyone agrees to bring their whole selves and bodies and participate fully, it will be more fun for everyone!

Introduce the story of creation from Genesis. The group will choreograph a movement piece together based on the story. Each person in the circle will have a chance to add to the piece. Choose a person to start with. That person will make the first movement. Read the first day. The first person will create a movement for the first day using just their hands. Everyone should do that movement. Read "and there was morning..." The second person will make a movement based on that line using just their hands and their head. This will become a refrain. Continue around the circle reading days and having

participants create movements with one more body part each time. The groups should do all of the movements in order. Proceed until all the days have been done or you have reached ten minutes.

00:10-00:15 Dancing the Dance of Creation

Turn on some music and do your dance! You can have people spread out or turn so their backs are facing into the circle, or you can just stay in the circle. Go through your movements slowly and silently. When you get the end, go back to the beginning. It should be roughly at the rate of Tai Chi.

00:15-00:20 Shabbat Asana

Have everyone lie on their backs in Shabbatasana (aka *shavasana*): feet hip-width apart either flat on the ground with knees bent or legs straight, palms facing up and slightly away from their bodies. Try to get into the pose as quickly as possible. Guide participants through a body scan: Starting from their feet, bring their attention into parts of their bodies and without moving, notice the sensations. Visualize that part of your body doing the movement it did in the dance and then let it fall heavy into the earth. Bring participants back to movement by wriggling their fingers and toes and sitting up. If there is time, take a few reflections on what it felt like to remember the movements in their bodies.

ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:

It may be that there are people in the group with restricted movement. Know your group and make adjustments accordingly: since you are creating the movements with the participants, you can use whatever body parts you want to use. That is, you can ask someone to make a movement for hands, but not feet. Try to adjust so that the whole group only does movements that everyone in the group can do. Likewise, if it is not possible to lie on the ground or it is not possible for someone in particular to lie on the ground, you can have people sit on the ground or sit in chairs. If you make this modification, make sure that everyone is sitting in a way that they can sustain for several minutes and their weight is evenly distributed on the surface on which they are seated. It is difficult for most people to sit with their legs straight even if it seems comfortable when they first sit down. Encourage those people to sit cross-legged or get a chair.