

Mind Body Music Movement *Start Your Morning*

AUTHOR(S):	Chana Rothman
SUMMARY:	We will use music, movement and meditation to ease into the morning. Please wear comfortable clothing that allows you to move freely! - <i>Submitted by Chana Rothman</i>
TOPIC(S):	Music, Meditation, Movement
LEARNING OBJECTIVE:	Participants will: <ul style="list-style-type: none"> - have space to ease into the morning using their voice, their body and their mind - experience a variety of peaceful modalities such as singing, meditation, stretching and Jewish text/spiritual framing to greet the morning gently
AUDIENCE:	Can have up to 35 but ideally no more than 20
TIMING:	60 min
APPENDICES:	Gabrielle Roth's 5 Rhythms https://www.youtube.com/watch?v=PpX5JHYnT1M
MATERIALS NEEDED:	Yoga mats, Drum, Speakers
SET-UP DETAILS:	Ideally, weather permitting, this would take place in a private outdoor spot. Alternatively, a room with easy access to the outdoors.

SESSION TIMELINE & OUTLINE:

Meditation (0:00 - 0:10)

- Begin with stillness and meditation. Is there anything you are bringing/carrying in before we begin? Set intention.
- Get comfortable.
- Offer essential oils and looking at surroundings as beginning point. Focus on breath.

Dancing (0:10 - 0:20)

- Gentle movements and stretching with Gabrielle Roth's 5 Rhythms music in the background
- Note about dancing: try to accept your body and let it move to the music.
- Note about consent: be aware - respectful distance - do not touch or get too close to another person without their consent.

Gratitude (0:20 - 0:25)

Gratitude and appreciation for body. (you can tie in Modeh/Modah Ani and any other morning prayers!)

Drumming (0:25 - 0:35)

Facilitator drums and welcomes movement. If the group feels interested, add chanting

Personal Prayer (0:35 - 0:45)

Participants are invited to engage in moments for their own personal prayer

Intentions for the Day (0:45 - 0:60)

- Integration - rest and take in all the things we have discussed
- Reflect upon the experience
- Set intention for the day
- Wish each other a good day