

# Body, Heart & Soul: Jewish Movement & Embodied Practice

*Specialty Track*

<b>AUTHOR(S):</b>	Yoshi Silverstein
<b>TOPIC (S)</b>	Embodied practice; spiritual practice; movement
<b>SUMMARY</b>	As the People of the Book, many of us are used to “learning Jewish” through text. Yet Judaism is a tradition based as much in the body as it is in the brain. In this track we’ll dive into multiple modalities for experiencing Jewish learning and practice through our bodies with a specific emphasis on physical movement practice through a Jewish lens. Whether you’re a specialist in areas like dance, sports, nature, or theater; a bunk counselor looking for ways to build community through physical and spiritual practice; or just a Jewish camp pro looking for ways to bring Jewish learning out of the book and into the body, there’s something in this track for you.
<b>GOALS:</b>	Model movement practices and pedagogies inspired by Jewish tradition and meaning-making; discuss ways to define or frame Jewish movement and embodied practice; move in “chevruta” relationship to other learners; Gain familiarity with Jewish movement principles; Learn and utilize frameworks for movement pedagogy and progression; Facilitate application of practice to camp contexts and roles.
<b>AUDIENCE:</b>	As written, primarily for older learners (HS and up) but can be adapted for all ages.
<b>TIMING:</b>	Three sessions, 75 minutes each
<b>APPENDICES:</b>	N/A
<b>MATERIALS NEEDED:</b>	<ul style="list-style-type: none"> <li>• Wear comfortable, non-restrictive clothing</li> <li>• “Tossable” object — e.g. bean bag, tennis ball, hacky sack</li> <li>• Notebook</li> <li>• Optional: meditation cushion for sitting (or similar); prayer rug or yoga mat</li> </ul>
<b>SET-UP DETAILS:</b>	<ul style="list-style-type: none"> <li>• Some space to move in</li> <li>• Comfortable &amp; quiet place to sit without a lot of distractions around</li> </ul>

### SESSION OUTLINES:

#### Session 1 — Fundamentals of Jewish Movement & Embodied Practice

:0 - :07	Welcome and opening practice — orient to space, orient to body & breath
:07 - :10	Opening “circle” (in chat)
:10 - :20	Fundamentals <ul style="list-style-type: none"> <li>● Essential frameworks, concepts, texts</li> <li>● Relationship between “embodied practice” and “movement practice”</li> </ul>
:20 - :45	Lead Jewish Movement Practice <ul style="list-style-type: none"> <li>● Six Point Star Movement (feet / legs)</li> <li>● Star &amp; Spiral</li> <li>● Integration</li> <li>● Improvisation</li> </ul>
:45 - :55	Breakout groups: reflection and sharing on practice <ul style="list-style-type: none"> <li>● What did you notice?</li> <li>● What was interesting? Surprising? Challenging?</li> <li>● What was “Jewish” about this practice?</li> </ul>
:55 - 1:10	Regroup & Shareback Discuss: <ul style="list-style-type: none"> <li>● What’s Jewish about movement? Where / how is movement in Jewish practice?</li> <li>● What is Jewish movement?</li> <li>● Who and what is Jewish movement for?</li> </ul> Revisit: Relationship between “embodied practice” and “movement practice”
1:10 - 1:15	“Homework” — Questions to consider between sessions <ul style="list-style-type: none"> <li>● Consider movement and/or embodied practices you’re reasonably proficient at. How did you learn those practices? Who were your teachers? What was the process?</li> <li>● For tomorrow: bring a tossable object</li> </ul> Closing

### Session 2 — Pedagogies of embodied Jewish practice & deeper exploration of movement

:0 - :06	Welcome Back and Opening Practice <ul style="list-style-type: none"> <li>● Object Toss</li> </ul>
:06 - :20	Breakout Groups: <ul style="list-style-type: none"> <li>● A: Object toss in chevruta (2 ppl) (4 min)</li> <li>● Regroup — visioning exercises (5 min)</li> <li>● B: Object toss again (3 min)</li> <li>● Regroup — noticings (3 min)</li> </ul>
:20 - :30	Breakout Groups (4 per) <b>(Combine for 4 ppl per)</b> (6 min) <ul style="list-style-type: none"> <li>● Share what questions and thoughts have been emerging since our last session + revisit “homework” questions <ul style="list-style-type: none"> <li>○ Consider movement and/or embodied practices you’re reasonably proficient at. How did you learn those practices? Who were your teachers? What was the process?</li> </ul> </li> </ul>
:30 - :55	Movement Practice <ul style="list-style-type: none"> <li>● Internal Gazing</li> <li>● Revisit Six Point Star — Add organic strength, upper body</li> <li>● Chevruta Relationship in Movement — large group</li> <li>● Breakout: Chevruta-guided practice (3 ppl per — rotate teacher / student / observer)</li> </ul>
:55 - 1:05	Jewish Movement Concepts <ul style="list-style-type: none"> <li>● Linear vs organic strength</li> <li>● Creative expression</li> <li>● Meaning &amp; Metaphor</li> <li>● Chevruta</li> <li>● Relationship to self, community, place</li> <li>● Relationship to Jewish tradition, values, ideas, cultures, text etc</li> </ul>
1:05 - 1:10	Movement Pedagogy — Isolation-Integration-Improvisation <ul style="list-style-type: none"> <li>● Intro framework</li> <li>● Examples &amp; Applications</li> </ul>
1:10 - 1:15	“Homework” — Questions to consider between sessions <ul style="list-style-type: none"> <li>● What types of movement are most relevant to your role at camp?</li> <li>● What are the settings and contexts in which you’ll be teaching / utilizing Jewish movement practice in these roles?</li> </ul>

	<ul style="list-style-type: none"> <li>• What is your role in leading or facilitating movement and embodied practices in these settings?</li> </ul> <p>Closing — Return to visioning &amp; breath</p>
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### Session 3 — Bringing it In and Making it Jewish

0 - 0:05	Welcome Back and Grounding Practice
:05 - :10	<p>Breakout Groups — Workshopping Quads (4 ppl)</p> <p>Introduce yourselves and share:</p> <ul style="list-style-type: none"> <li>• What types of movement are most relevant to your role at camp?</li> <li>• What are the settings and contexts in which you'll be teaching / utilizing Jewish movement practice in these roles?</li> <li>• What is your role in leading or facilitating movement and embodied practices in these settings?</li> </ul>
:10 - :20	<p>Regroup &amp; Refresh: Jewish Movement Concepts + Movement Pedagogy — Isolation-Integration-Improvisation</p> <p>Share + Discuss: Integrating Jewish ideas, concepts, learning into movement</p>
:20 - :40	<p>Workshopping: Design a Jewish Movement Flow — in breakout groups, design a brief Jewish movement flow that utilizes movement pedagogy + integrates Jewish learning, ideas, concepts etc</p> <ul style="list-style-type: none"> <li>• Brief (1-2 minutes)</li> <li>• Utilizes movement pedagogy — isolation-integration-improvisation</li> <li>• Built from a core Jewish idea, concept, etc</li> <li>• Bring in your own movement practice and experience</li> <li>• And, keep it accessible to a general audience</li> </ul>
:40 - 1:00	Regroup and Share Jewish Movement Flows
1:00 - 1:10	Final Questions & Thoughts
1:10 - 1:15	Closing

### BRINGING IT BACK TO CAMP & SHIFTING TO IN PERSON:

In order to best adapt this program for in camp use we would suggest:

- Use an open space with lots of room to move
- Consider how much space each person will need as you plan space and practice