

### Sunrise Movement: Bless your Body, Awaken your Spirit *Start Your Day*

<b>AUTHOR(S):</b>	Yoshi Silverstein
<b>SUMMARY:</b>	In this session we'll swap out the prayer book and experience a range of embodied practices that will help us to move, breath, and awaken into our bodies and spirits, following the thematic flow and including select liturgical highlights of a traditional Shacharit morning prayer service.
<b>ABC GOALS:</b>	<p><b>Affective:</b> Participants will feel...</p> <ul style="list-style-type: none"> <li>• Connection to body and spirit</li> <li>• How Jewish liturgical themes and inspiration connect to embodied experience</li> <li>• Relationship between breath and body, soul and spirit, music and muscle</li> </ul> <p><b>Behavior:</b> Participants will be able to...</p> <ul style="list-style-type: none"> <li>• Bring a sense of embodied connection and experience to morning prayer and/or wellness practice</li> </ul> <p><b>Cognitive:</b> Participants will know...</p> <ul style="list-style-type: none"> <li>• How traditional Jewish prayer can be reinterpreted through different modalities</li> </ul>
<b>AUDIENCE:</b>	Cornerstone Fellows and Liasons / Campers ages 12+
<b>TIMING:</b>	45 min
<b>APPENDICES:</b>	[songsheet]
<b>MATERIALS NEEDED:</b>	Songsheets Comfortable seating — yoga/meditation cushions and/or backjacks (floor-seats with back) are helpful in creating ambience Space for light movement
<b>SET-UP DETAILS:</b>	In a spacious and aesthetically pleasing space; outside is great! Should have enough space for light movement as an option; Consider acoustics and minimal external distractions;

### SESSION TIMELINE

0:00-0:05	Arrival / Niggun > Every Day / Modei Ani
0:05-0:10	Grounding Practice / Six-dimension body scan
0:10-0:13	Invitation to breath & song / Elohai Neshamah
0:13-0:25	Blessings for the Body / Asher Yatzar + Birkot haShachar movement
0:25-0:28	Presence & Purpose / Call to Prayer / Barchu
0:28-0:37	Love & Sacred Centering / Shema to Amidah / Sound Meditation
0:37-0:41	Return to collective presence / sound bowl & song
0:41-0:45	Reflection & Closing

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### BRINGING IT TO YOUR CAMP:

This framework is meant to be adaptable and customizable. Make it your own! It's helpful to follow the thematic flow and progression of the morning Shacharit service but don't get locked into any one thing.