

# Move Together

## *Family Ecstatic Dance*

Welcome, Structure & Logistics

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## Welcome!

Move Together is a 60-minute family ecstatic dance experience designed for elementary-age kids and the grownups who love them. No instruction, no choreography — just music, movement, and the magic that happens when we let our bodies lead.

We open with a welcome circle to land together, then ride a 40-minute musical journey through world rhythms and playful pop. The playlist follows a wave — building energy, finding flow, and dancing it all the way out before settling into something quieter and still. Expect some dance party vibes. Expect joy.

**Stick around after for a little connection time before heading back into the world. All bodies welcome. No experience needed. Just show up ready to move.**

## Structure & Timing

- Doors open at **4:50pm** for arrival and warm-up
  - Class begins promptly at **5:00pm**
  - Welcome circle → 40-minute dance wave → closing settle → community connection time
  - Total time: approximately 60 minutes
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**First time with us?** Please arrive by **4:50pm** so we have time to orient you to our container and community agreements. If you can, give our [Community Agreements document](#) a read before you come!

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## We Invite You To

- Take good care of yourself and your little ones. Take your time to warm up and cool down, especially tending to knees and joints.
- Know that every body moves differently — wiggly, spinning, jumping, still. Everyone is welcome exactly as they are.
- Arrive hydrated and with your needs tended to so you can be present for the full experience.
- Connect with others through eye contact, proximity, and dancing together — while understanding that not everyone is open to connection at every moment.
- Please read our Community Agreements (next page). This is how we keep the dance welcoming, clear, and as safe as possible for all ages.

## Sound & Sensory Care

- Sound levels vary throughout the room and are typically quieter near the back mirror corner.
- Earplugs are available if you or your child are sensitive to sound.

- Back rooms are open and available for rest or a breather anytime.

## Logistics

- Everyone must have a signed liability waiver on file with the studio.
- Leave personal belongings in the cubbies or on safe surfaces off the floor.
- Bring your own water bottle; water and cups are also available in the back room.
- Please check for lost items on your way out — we gather lost and found after each class.
- The downstairs door locks automatically. If you leave the building during class, please prop the door so you can re-enter.
- Two bathrooms are accessible through the main hallway. Use the door through the back room (massage room) during class. Keys are on the inside of the Blossom doors if bathrooms are locked.

## Payment

Move Together is offered by donation — any amount is welcome and no one will be turned away.

- Suggested donation: \$10–20 per class
- Cash only, please
- Class card or studio membership: let the space holder know so it can be recorded
- Please sign in on the sheet

## Want to Dance More?

If you're looking for a more open container, we'd love to see you elsewhere in the community:

- [Wednesday Night Ecstatic Dance at Blossom](#)
- [Ecstatic Dance Vermont](#) — more opportunities in other spaces

# Move Together

## Community Agreements

*Family Ecstatic Dance*

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*These community agreements are a living document, open to feedback and contribution. They reflect our shared effort to hold a clear, joyful, and safe container — for children and adults alike. By choosing to attend, all participants (grown-ups and kids together) agree to the following.*

### Consent, Connection & Boundaries

- Connection is an invitation, never an expectation. You are welcome to be fully internal for the whole dance or any part of it.
- Practice not taking it personally when someone — child or adult — says no to a dance connection, whether that “no” is subtle or obvious.
- If in doubt, assume you do not have consent for connection.
- Please do not approach someone from behind or when they cannot see you, and be aware of everyone’s personal space.

### Physical Contact

- Any interaction involving physical touch requires clear consent — this applies before, during, and after the dance (including hallways and common areas).
- Always honor another person’s no. Children included.
- We will demonstrate a nonverbal way to ask for consent for touch at the start of class. If you’re new to this practice, please do not engage in physical contact during the music wave until you’ve learned it.
- Consent can change from moment to moment — a “yes” now doesn’t mean a “yes” a moment later.

### Honoring Yourself & Others

- Honor your no and your truth. You may move on from a dance or connection at any time and return to your own space.
- Take care of the studio space as if it were your own. No outside shoes, please.
- Please leave electronics outside the movement space. No photos or recordings.
- Keep clothing on at a level that supports comfort for yourself and others. Something on top and something on the bottom at all times.

### Space Awareness & Safety

- Children move in big, unpredictable ways — please stay spatially aware and move with care around little ones.
- If you choose to be on the floor while others are standing or moving in large ways, please move to the edges of the room for safety.
- When the musical wave begins, we hold a nonverbal space unless words are needed for safety. Conversations move to the adjacent rooms.

### A Note for Grown-Ups

- You are responsible for your child’s safety and wellbeing during the dance. This is a shared space — please keep an eye on your little one while also enjoying your own experience.
- Help model the community agreements for your child: consent, kindness, and care for shared space.

- If your child needs support, rest, or to step out, the back room is always available.

## **Substances & Health**

- This is a sober space. Please arrive present, clear, and able to engage safely with yourself, your child, and others.
- Please do not attend if you or your child are feeling unwell or there is active illness around you. We want to care for our whole community.

## **Closing & Community Care**

- Please stay for the closing circle if you are able, so we can close the experience together.
- We welcome feedback and care-based communication. An anonymous feedback and incident report form is posted with the sign-in sheet and shared in community emails.
- You are always welcome to speak directly with a facilitator or space holder.

Feedback & incident report form: <https://forms.gle/8nBaXAubwmYY5T9x8>

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*Thank you for being here. Let's dance.*