

Guidelines for Saturday Night Sweat

How do I start?

1. Go at your own pace
2. Be responsible for your own body (stay aware of injuries and limitations)
3. Keep your eyes open to stay aware of others
4. Dance barefoot or in dance shoes (no socks on the floor to avoid slips)
5. Move how you feel and stay open to changing.
6. Know that everything that is alive has a dance, your only task is to find and express yours
7. **Enjoy yourself!** (Excessive seriousness may slow you down!)



It's ok to say no

If someone wants to dance with you and you don't want to, it's really ok to say no. You can either just say outloud "no thank you", or shake your head, or put your hands up in a gesture of 'no' or just turn away and move off. Try different ways that work for you.



It's a talk-free space.

When we're dancing, we're practicing to listen to our inner voice. When there is chatting, it can be distracting, so please either turn your talk into a dance, or, take your talk to some other place or save your conversation for after the class.



The assistants are here to support you

If there's anything you want support with, or you have questions or comments, one of the team wearing a badge is there for you. The assistants are all trained embodiment facilitators, let them know of any concerns you have and they will endeavour to support you.



It's a phone-free, no-photos and no-video space.

When we're dancing we can feel vulnerable and it can feel exposing enough just being on the dancefloor let alone when there is a camera in the space. Please don't record or shazam, leave your phone turned off and be in the moment.



It's a shoe-free space.

The floor gets marked, so please respect it by either taking shoes off or having indoor shoes that don't mark the floor.



It's a spectator-free space.

Looking at it won't tell you what it's like as it's experiential; you have to do it to find out what it's like. It would be a bit like looking at food to decide if you like the taste, you need to eat it to know! It's fine to look around at others while you're dancing, it can be inspiring to see how others move, but as a mover yourself, not a spectator.



It's a no-food & no-liquid space

The floor is well cared for and food and spills can mark the floor. Water bottles with lids can be brought into the gym and stored at the sides.

Saturday Night Sweat: What to Expect and Guidance for Beginners

Saturday Night Sweat is a large, guided 5Rhythms Wave. The intention of the guidance is to create safety, cohesion, and a sense of being held, so that the group as a whole can settle and go deeper. This is different from Ecstatic Dance or Sweat Your Prayers, which are usually unguided (or minimally guided).

What happens when I arrive?

When you first walk in, you may notice everyone doing different things. They're warming up. Some people stretch; others begin dancing gently straight away. It can help to start close to the ground—moving slowly, feeling your weight supported. The main thing is to get warm and begin moving in whatever way feels right for you.

What is the structure of the evening?

A typical session includes:

- a warm-up
- a brief introduction
- a guided Wave
- a closing

The teacher offers suggestions as you move through the Rhythms—for example, bringing attention to different parts of the body, exploring particular qualities of movement, and sometimes inviting partner or group connection. The music usually moves through The Wave: Flowing → Staccato → Chaos → Lyrical → Stillness, with tempo and quality shifting accordingly.

Invitations, choice, and experimenting

Any suggestion from the facilitator is an invitation, not a requirement. You are always welcome to accept or decline. Part of the practice is listening for what is right for you—sometimes that means following the invitation; sometimes it means following your own impulse. This is also a kind of laboratory: you are invited to experiment and gently stretch habitual patterns. Sometimes “trying it” is the practice; sometimes “saying no” is the practice.

What if I'm invited to take a partner and I don't want to?

Be true to yourself. You can politely decline, step away, or simply continue your own dance. Clear boundaries are part of the practice, and

it is respectful to be honest.

For some people, a large group can feel daunting. Connecting—briefly dancing with someone, meeting eyes, exchanging a few words—can reduce fear. As fear reduces, more choice becomes available: clearer “yes” and clearer “no.” When individuals practise choice, it can support the whole room to feel safer and freer.

Connecting with others can also be a way of learning about yourself. Questions may arise, such as:

- Do I feel shy or confident right now?
- Do I want contact, or space?
- Can I tolerate being seen when I feel vulnerable?
- How do I sense and communicate my boundaries?

A central human task is navigating shared space—how we say yes and no, how we sense where our boundaries are, and what we do when they are unclear or crossed.

What do I do if I get bored, self-conscious, busy-headed, or judgemental?

That’s normal. This is movement meditation, and most of us move in and out of “presence.” The teacher may offer different doorways back in; here are a few you can use anytime:

- **Dance what’s here.** Put the boredom/self-consciousness into movement. Exaggerate it, get curious about it.
- **Let one body part lead.** Choose something specific (e.g., left elbow) and follow it. Different parts have different “dances.”
- **Connect.** Find someone to dance near or with, and let the relationship support your attention.

More broadly, the essential invitation is to move in a way that is aligned with your experience. If boredom, self-consciousness, irritation (or anything else) shows up, you can explore: *What would it be like to let that feeling move your body?* Rather than being “had” by a feeling, you can “have” it—giving it texture through breath, muscles, bones, and movement. Often the energy shifts as it moves. Sometimes it opens relief or enjoyment; sometimes it reveals something deeper that has been waiting to be felt. Either way, feelings tend to pass—like weather—when we stay present.

Some people seem to be having sensual dances together—what’s this about?

You may see intimate or expressive dances. Sometimes there is genuine sexual energy; sometimes it is simply your mind making meaning of an unfamiliar sight. This practice allows for moment-to-moment connection without promises or commitments, and connections often change from class to class. If feelings like jealousy, rejection, or disgust arise, you are encouraged to bring those feelings into your dance.

What do I do if I receive unwanted attention?

Most people will back off with a clear cue—but cues can be missed. It is completely okay to say, out loud and simply: “No thank you, I don’t want to dance together.”

If you don't want to say it, or you say it and it doesn't land, please speak to one of the assistants, Beam (organiser), or Sarah (facilitator). We want to know what is happening on the floor, and we will support you.

What should I do if someone seems really upset?

Often people can move through strong feelings on their own, and giving comfort can sometimes interrupt their process. If you are concerned, you can check in briefly (for example, "Do you want space?") and/or alert the teacher or crew, who will keep an eye out and step in if support is needed.

What if I knock into or hurt someone by accident?

Stay aware of your space and keep your eyes open, especially when travelling. If an accident happens, pause and check they're okay. If needed, help them move to the side and get the teacher/crew, who can support and organise any first aid.

What if I feel rejected?

If someone turns away or moves away, they may simply be practising a clear "no," and it is usually not personal. If it does land as rejection, it can touch old places. Bringing that feeling into movement can be a powerful way to metabolise it—sometimes into a fuller, more expressive dance that supports repair and self-support.

Why community matters here

Saturday Night Sweat has been running since 2012, and part of its intention is to strengthen an embodiment community in and around Forest Row. During the Covid lockdowns we danced online to maintain continuity and connection. Many people still carry the imprint of isolation and caution about proximity. This space is an invitation to reconnect—at your pace—in a way that supports aliveness, belonging, and mutual care.