**Friday Beat 5Rhythms Dance Class**

**Participation Guidance and Agreements**

Welcome! See below for guidance and agreements to assist you in receiving maximum benefit from your participation while ensuing we maintain a safe environment to dance.

**What to wear:**

* Loose or stretchy, comfortable layers of clothing that you can move and sweat in and adjust according to your temperature.
* You can dance bare feet or clean, soft soled, non-marking, indoor shoes.

**What to bring:**

* Yourself! However you are, physically, mentally and emotionally.
* A bottle of water – drink plenty, both during and after the class.

**The Structure:**

* Most classes consist of 2 ‘Waves’ of the 5Rhythms with music. The first is a generally a chance to warm up. The second, a chance to go deeper into your practice.
* The 5Rhythms are: Flowing, Staccato, Chaos, Lyrical and Stillness.
* Throughout a class you will be invited to dance on your own, with partners and in groups and you may be invited to participate in exercises on your own, with a partner or in a group

**Agreements:**

* Please do not use electronic devices during the class – no phone calls, shazaming, video or sound recording etc. If you have an emergency that requires phone use, please take it off the dance floor.
* This is a movement practice, please do not chat in the dance space. If you have an emergency that requires talking, please take it off the dance floor.
* Please dress appropriately – we are hosted in primary school – therefore ensure you have at least one layer of clothing on throughout the class.
* Respect the boundaries and personal space of others, remembering that ‘No’ is a complete sentence.
* Move with whatever you are feeling or thinking – there are no steps to follow other than those your body wants to make, and keep your eyes open when you are moving through the space.
* Covid-19 -although Government restrictions have been lifted, please do not attend class if you have any question-mark around possible infection.

**And Remember:**

* If you don’t do your dance – who will?

See you on the Dance-floor

*Stuart & the Crew*