



## *Online Dancer Guidelines*

- \* Pre-download the mix and test your sound so that it is ready when we hit all play together
- \* We recommend using quality speakers or headphones and playing from the device will give you the best sound experience.

### **Zoom Guidelines**

- Access the zoom link from the confirmation email once you register
- If you feel comfortable, we encourage you to leave your camera on and stay in view -- we want to dance together! Consider doing this especially during closing circle group share
- Be aware of "participating vs. watching"
  - Please no staring at the screen
- Keep your audio on mute during the dance wave
- During arrival and the circles you can unmute to talk as needed
- We will all press play at the same time, be ready!

### **Dance Container & Wave Format**

Create a space at home:

- Do all the same things we'd do in the space together!
  - Stay hydrated
  - Make sure you have enough space for dancing
  - Nonverbal environment
  - Refrain from checking devices, maybe put them on "do not disturb"
  - Stay present and participate

Dance Wave Format

- Dance as a practice
  - *Sweat Your Prayers* by Gabriel Roth is a good book to read about dance as a practice
- Set Intention
- Dance
- Come back together for closing circle
- Provide feedback!

### **Having Trouble?**

- Send a private message to "Asheville Movement Collective" account of the chat or unmute to ask questions during 'arrival' time