

Ecstatic Dance - Basic Tenants

(What makes an Ecstatic Dance)

1. Ecstatic Dance is a Freeform Dance. There is no verbal guidance given during the Dance.
2. ED does not allow talking on the Dancefloor. Making sounds is welcome, conversations are not.
3. ED welcomes solo dancers and partner dancers. Respect must be paid to one another's dance space.
4. ED is a drug and alcohol free event. Be Yourself as much as possible!
5. ED encourages barefoot dancing (unless a medical condition or flooring prohibits).
6. ED does not allow phones, cameras, video, or the wearing of scents at dance (respect our safe space).
7. ED provides a DJ'd musical journey (not a playlist), for a smooth sonic experience expertly guided.
8. ED encourages DJs to play music covering all Tempos, every Emotion and Genre possible in the Journey.
9. ED encourages DJs to find and play music made recently. This is the music of our time, made now!
10. ED encourages surround sound and subwoofers! (Bass cabinets = we feel the whole spectrum of sound!).
11. ED encourages dancing in an inspiring Temple-like space (not a boring box).
12. ED honors community & creates intention by Circling at the Opening and/or Closing of Dance.
13. ED encourages a warm up class of Contact Improv, Yoga, Qigong, or other movement before Dance.
14. ED encourages a Live Music "sound healing" and/or a Meditation to close the Musical Journey.
15. ED encourages Live Music during the Dance if and when the DJ is willing and able to collaborate.
16. ED provides an Altar for those who need a peaceful space to sit and contemplate life.
17. ED encourages comfortable floor mats and pillows on the sides for those needing a rest or a stretch.