

Small Group Ministry  
Group Session Plan  
**Dance**

Note: Invite participants to bring favorite dance music to share.

**Opening Words**

Dance is divinity, a natural state of grace in which we all reside. In its sacred form dance is a language that reunites body, soul and mind. Iris Stewart

If you can walk, you can dance.

If you can talk, you can sing.           saying from Zimbabwe

Dance is the hidden language of the soul. Martha Graham (1894-1994), dancer, choreographer

He who is unable to dance, says the yard is stony.     Kenyan Proverb

**Check-in/Sharing**

**Topic/Activity**

There are many different forms of dance: folk dance, social dance, fitness oriented dance, dance for entertainment, contra dance, dance as meditation, dance as art, sacred dance, etc. Dancing comes in many variations, from very stylized dances such as Hip Hop or Balinese Dance to the free form movement of Woodstock and Isadora Duncan (1877-1927). Many of us are uncomfortable with some forms of dance yet quite at home with other forms.

1. What messages did you receive growing up about dance and your participation in it?
2. What is your experience of dance? What has dance meant in your life?
3. What about your spirit/essence would move you to dance? How would you dance to honor the sacred? What kind of dance would you want to create or participate in?
4. Share some of your favorite dance movements.

**Check out/ Likes & Wishes:** How was this session for you?

**Closing Words**

There is a vitality, a life force, an energy that is translated through you into action. And because there is only one of you in all time, this expression is unique, and if you block it, it will never exist through any other medium, and it will be lost, the world will not have it... Whenever a dance stands ready, that spot is holy ground.

Martha Graham to Agnes de Mille

I have no desire to prove anything by dancing. I have never used it as an outlet or a means of expressing myself. I just dance. I just put my feet in the air and move them around.

Fred Astaire (1899-1987), US dancer, actor