

*Conscious
Movement Session
Outline and Card
Deck*



Penelope Rose

Conscious Movement Session Outline and Card Deck

The Conscious Movement Session Outline and Card Deck will assist you in providing group sessions to explore movement and dance, and feminine embodiment.

Many people are not comfortable with moving their bodies in front of other people. These sessions can assist participants to become progressively more confident with moving their bodies and expressing themselves physically.

The session outline can be used for each session, and cards can be chosen each time to vary the sessions.

Movement prompts have been provided on the cards to assist.

Affirmations have been included on each card to assist with clarifying intentions and strengthening self-concept and confidence.

I hope you enjoy the Conscious Movement Cards and Session Outline,

Penelope Rose

Conscious Dance



Intention

Feminine embodiment, confidence in movement, moving meditation, emotional integration & release.

Opening Circle

Welcome and briefing.

Gentle warmups and breathing.

Conscious movement cards.

Closing Circle

Sound meditation on the floor to relax and integrate the experience.

Join circle and share thoughts.

Session Outline

Find a space.

Reflect on your intention.

Find your meditative mode.

Play music.

Free movement and dance.

Disclaimer

Each participant is responsible for her own safety. Only participate in movements that are safe for your body.

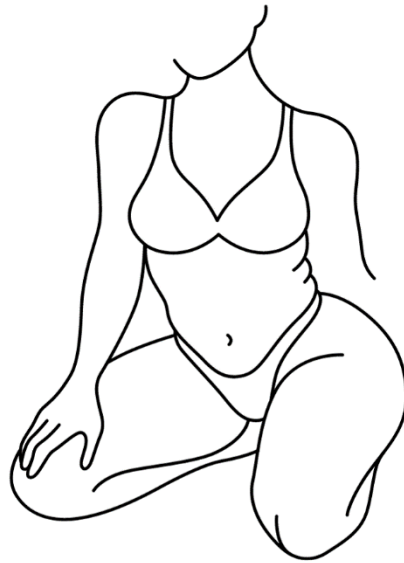
Extension

Silent dance.
Dancing a story.
Dancing a mood.
Partner dancing.
Interactive dancing.

SACRAL CURLS

To connect with
feminine energy

Rotating hips clockwise and
anticlockwise while kneeling
activates feminine
embodiment



I am connected with the earth

INNER CHILD

For flexibility and
mindfulness

Sitting cross-legged helps
maintain lower body flexibility
and posture



I reclaim my innocence

Stretching legs and hips outwards while sitting releases tension and trauma in the sacral and base chakras

I am safe to trust

OPEN HIPS

To release tension and trauma in the sacral chakra



SELF HUG

To foster self-acceptance and self-love

Self-hugging increases serotonin, fostering self-acceptance and self-love

I am my own best friend



POWER POSE

To increase
personal power

The power pose increases
testosterone and decreases
cortisol to boost confidence

I have infinite potential

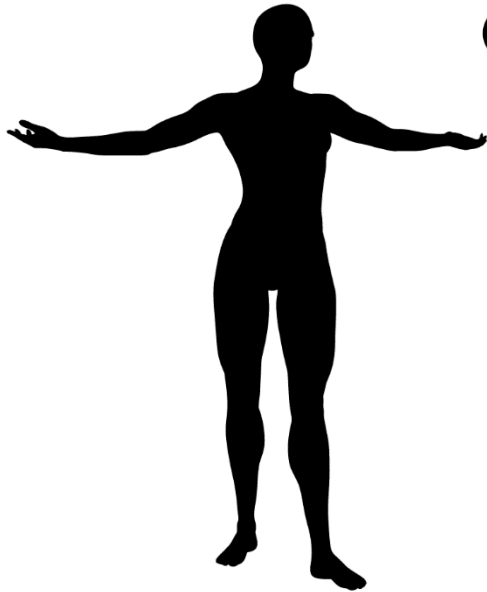


CHEST OPENER

To open the heart
chakra

Stretching arms to the side
to open the chest, releases
tension and trauma in the
chest and heart area

I am safe to love

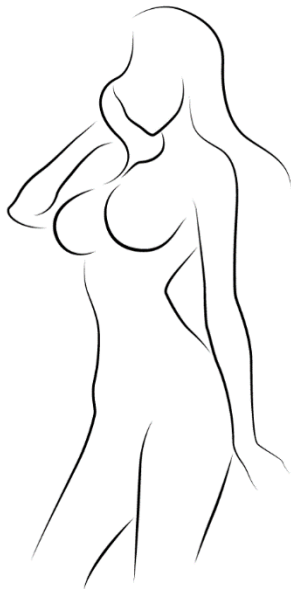


GREET THE SUN

To boost positivity

Stretching arms to the side
with palms to the sky
increases positive feelings
and calms the nervous
system

All is as it should be



BREAST SHIMMY

For heart chakra
activation

Gently shaking the breasts
increases blood circulation,
moves lymphatic fluid, and
generates heart energy

I give and receive equally

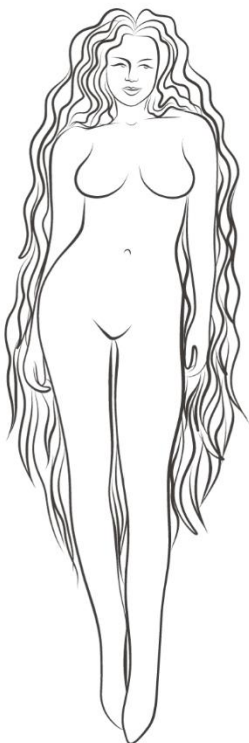


BELL HIPS

To release tension
and trauma in the
sacral chakra

Rocking hips front to back
while standing, increases
hip mobility and releases
emotional/sacral trauma

I am safe to express emotions

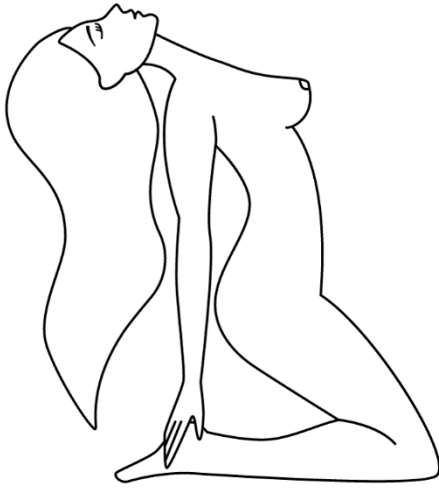


LOOSE SWAY

To create calm

Swaying loosely from side to
side, maintains balance and
creates calm

I am calm and centred

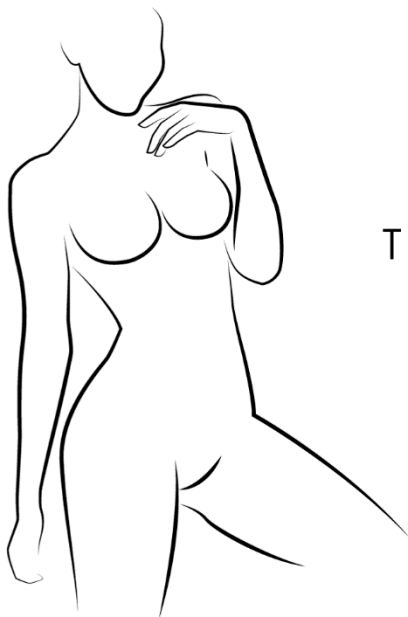


BACK BEND

To release upper
body tension

Stretching the upper back
releases tension in the upper
back and chest, increasing
flexibility and maintaining
posture

*I trust in
positive outcomes*



LOOSE SHAKE

To release emotions
and frustrations

Loosely shaking the whole
body releases physical and
emotional tension and
increases positive energy

I am free to be me

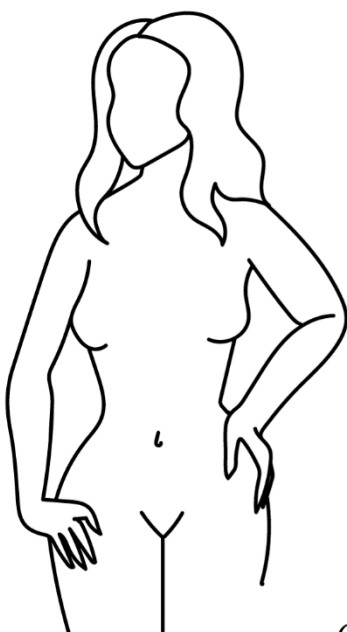


HAWAIIAN HIPS

For feminine
embodiment

Hawaiian hip circles generate
feminine energy and increase
body positivity

I am sensual

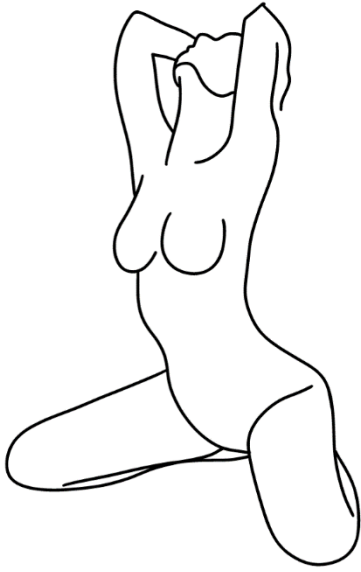


PENDULUM HIPS

To release tension
in the back

Moving hips from side to side
increases hip and back
flexibility and releases whole
body tension

I love being a woman

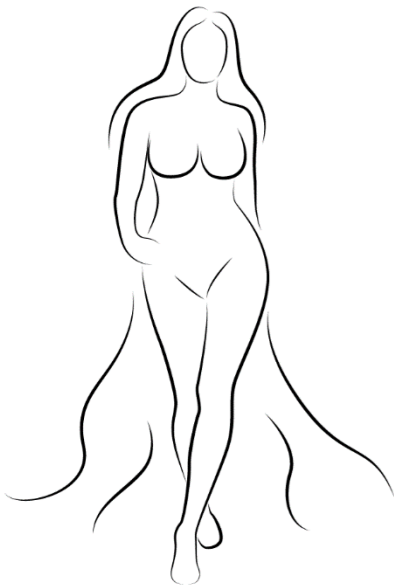


PLEASURE ARCH

To increase sexual
energy

Stretching thighs outward
while kneeling releases
sacral trauma and increases
feminine embodiment

I enjoy life's pleasures



SEXY STRUT

For confidence in
the female form

Strutting like a model on
the catwalk increases
body confidence and
empowerment

I am dynamic

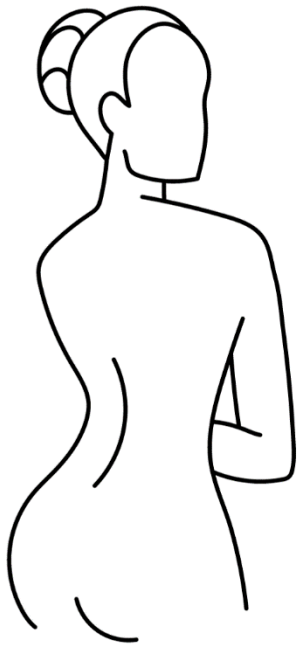


PART THE SEA

For confidence
and forward
momentum

Moving arms in a swimming
motion builds forward
momentum and confidence

I move forward with confidence

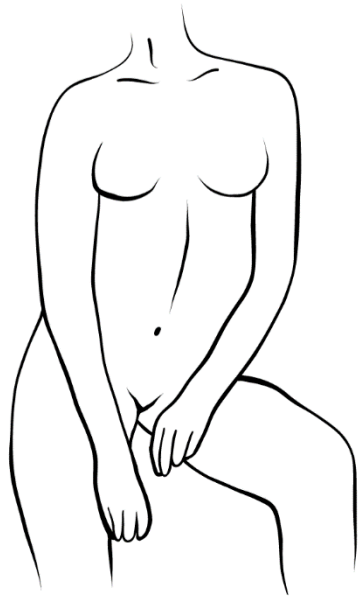


HAPPY BOUNCE

For positivity and
body freedom

Lightly bouncing with bent
legs increases serotonin and
releases tension in the body

I am content

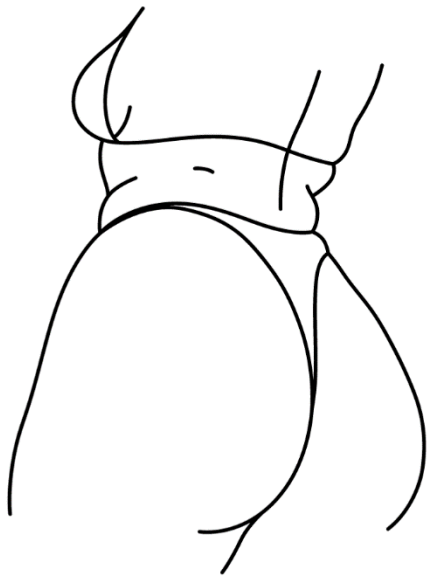


SLOW SHAKE

To release tension
and trauma in the
body

Shaking arms and legs,
then whole body, allows the
nervous system to regulate

I am relaxed



WOBBLE BOTTOM

To release tension
and trauma in the
base chakra

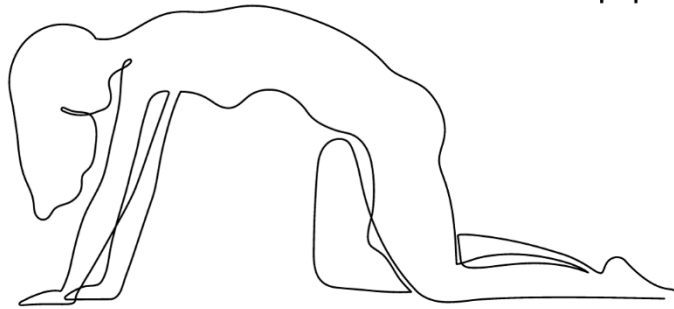
Shaking the bottom
releases tension in the base
chakra and strengthens
core muscles

I am grounded

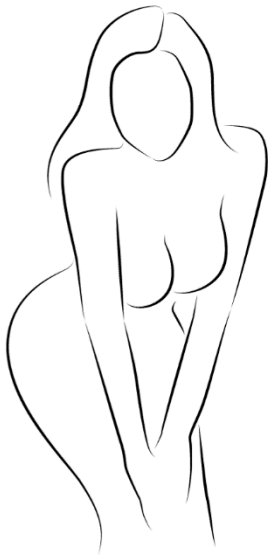
Stretching the upper
back improves
flexibility and
relieves tightness
and tension

CAT STRETCH

To release tension
in the upper back



I stretch my capabilities



PUSSY STRETCH

To increase sexual
energy

Stretching the bottom to the
side and back improves hip
flexibility and feminine
embodiment

I am embodied



RAIN DANCE

For priestess
energy

Standing on toes and wiggling fingers
above the head in a rain dance,
improves balance and fosters
connection to nature and the seasons

*I am aligned with
nature's rhythms*



WHIRLING DERVISH

For freedom and
focus

Spinning with arms to
the sides improves
balance, and creates a
meditative state

I am focussed



ANGEL WINGS

For Spiritual
connection

Floating arms like an angel
flying creates ethereal
connection and increases
grace in movement

I am connected



PAINT THE SKY

For Goddess
Energy

Painting the sky with the
hands increases grace in
movement and connects to
feminine energy

I am graceful

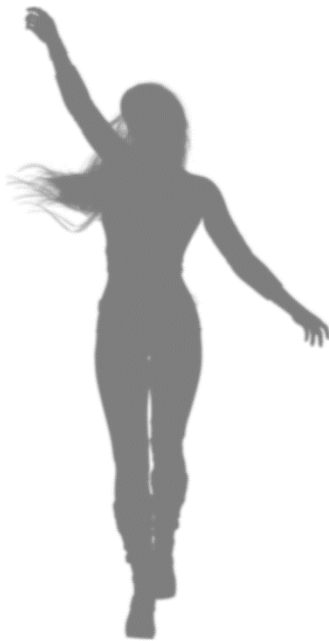


FIRE DANCE

For priestess
energy

Moving arms above the head in
fire-like movements creates
connection to nature and the
elements

I am passionate

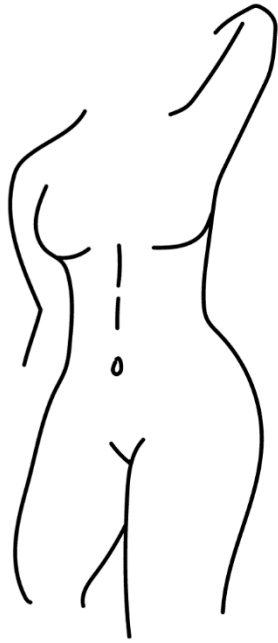


ALTERNATE WINGS

For Spiritual and
etheric connection

Floating arms to the side
alternately, promotes
grace in movement and
feminine embodiment

I am Divine

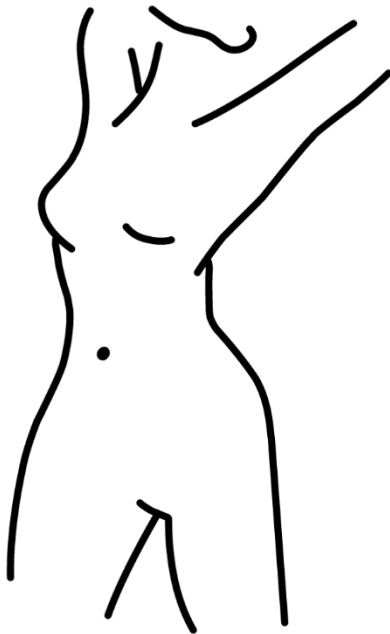


THIGH SHAKE

To release fear of
moving forward

Shaking the thighs releases fear
of moving forward,
demonstrated by tension in the
thigh area

I am courageous



BIRD ARMS

For self-
expression

Striking winged poses
increases body confidence
and empowerment

I am safe to be seen