

Basic Tenets of Ecstatic Dance

1. Ecstatic Dance is freeform movement—without verbal guidance—to dance in whatever ways feel good to you. Dancing solo or with partners are equally welcome.
2. Ecstatic Dance is an intentional music journey mixed by a live DJ. Each dance includes a period of gentle warm-up, peaks of ecstatic intensity, and resolves into peaceful stillness. The music of Ecstatic Dance is characterized by the meeting of Conscious Dance with Modern Electronic Bass Music, (See DJ Guidelines for more details)
3. Ecstatic Dance is held in an inspiring temple-like space with enough room for a critical mass of people (50-100++) with premium sound (including subwoofers to feel the music), an altar space for peaceful contemplation and puzzle / yoga mats to stretch on.
4. Ecstatic Dance seeks to build community connection in many ways, including circling together at the opening, mid dance, and/or closing of dance.
5. Ecstatic Dance is held to support a safe, healthy, clear-minded space (No alcohol or illegal drugs; everyone is expected to move with awareness & care & respect; no scents; no shoes except as needed for medical reasons)
6. Ecstatic Dance is held free of social distractions (no conversations, no cell phones, no photography, no videos)