



Welcome to Chakradance!

March 29, 2020 Nine-Week Awakening Cycle Registration Form

Creating a Sacred Space

We meditate, dance, and draw mandalas in a sacred space. For me as your Chakradance facilitator, that means creating and protecting a safe container so that you and every dancer can do the important self-work in this course. At minimum, that means that I provide music, set up and prepare the space, and guide you through the class.

However, as this is a shared space, it means that you, too, will have responsibilities to help us keep the space and hold the energy of the class.

Therefore, before you enter this sacred space, I ask that you agree to the following guidelines:

1. Be mindful and respectful of each other and the space that we are using for the dance. This may go without saying, but since many people are dancing in front of others for the first time in their lives, let us be extra mindful of taking care of each other and our space.
2. Related to that, this is a judgment-free zone. You will not be judged, and please refrain from judging others.
3. This is also an interpretation-free zone. By that, I mean that while we may speak to our own experience, we will do our best in the sacred space not to interpret what someone else's dance or art means for them. (Of course, outside of class and with consent, you may have any conversations you want. This is about protecting the freedom of the experience within the space).
4. You are free to dance as little or as much as you like, taking up as little or as much space as you like, so long as you are not encroaching on others. I will be there to help people remain safe.
5. You are responsible for your own physical safety. Please remember to breathe and be gentle with yourself. Neither other classmates nor I are responsible for any injury or illness that may occur during class.
6. Please do not wear shoes inside the dance space. You may wear socks or be barefoot.
7. You are responsible for your own physical and emotional boundaries. Please let us know what those are. If it requires privacy, please let me know (if it is something I need to know). If those boundaries impact the entire group, we as a group will work it out by consensus.
8. While you set boundaries, please be open-minded and willing to do the activities of the class. That is, I ask that you be present. There is no correct way to dance or do the art, but you still must be open and present. It may mean you dance quietly in a corner by yourself in stillness or draw nothing in your mandala, but so long as you come with an open mind and willingness, that is all I ask.
9. I will and you will protect the confidentiality of anything that happens inside the class, though you are always free to publicly share your own experience. I may and you may take pictures after class, and only with your consent and the consent of others, but not while we have consecrated the sacred space.
10. Sound, breath, and movement are all encouraged and in fact the principles upon which Chakradance is based. Do this freely, but do this within your own dance. I realize that your sounds may influence and affect others, but so long as you simply come at this from your own dance and own intention, I see no reason to put any further boundary on it. You are free to do all three as liberally and as loudly as you want.
11. Please come to the space sober and drug free, particularly from any drugs that could compromise your safety or the safety of others dancing with their eyes closed around you.
12. Please bring no cell phones or any other distracting devices into the class.

Now, you may come into the sacred space with an intention of letting go of your day and being present.

Taking the Full Course

If you take the rest of the course, you are also committing to the additional guidelines:

1. Please provide either \$100, which is due on or before Week 2 of the course on April 5, or commit to \$15 per week, due by the start of each week.
2. You will set as a goal being present 7 of the 9 weeks of the class. If you cannot be at a class, you will let me know in advance so that I can open up a spot for a drop in.
3. You will work to arrange with me on the weeks you cannot attend to make up the work during the week.
4. Continue to take responsibility for your own safety or any accidents that may occur during class. That is, neither other classmates nor I are responsible for any injury or illness that may occur during class.
5. Please keep your mandalas because you will need to bring them all for the final class.

Other Notes

1. As facilitator, my role is not to intervene in your dance unless you request that of me or unless I need to protect dancers from dancing into each other. This can be difficult because sometimes while dancing, emotional things will come up. You may be crying or upset. However, Chakradance teaches that these can be valuable experiences as you work through your own process.
2. If you do call me over to help, note that I am not a therapist. I am providing a space for dance, meditation, and art. And while I will guide you from my own teaching, experience, and insights, I am not here to fix you. Indeed, Chakradance teaches that you are already complete and accepted just as you are.
3. Nevertheless, having my own experience and training, I would love to talk with you in friendship outside of class.
4. Do not be surprised if some of your classmates report visions or dramatic experiences while dancing. Besides not judging others, I ask that you not judge yourself for what you feel lacks in your dancing, drawing, or experience. This is also perfectly natural. We all have our own process, and Chakradance can work within us in varying ways. Again, there is no right or wrong way to Chakradance, and there are no consistent ways to experience it, either.
5. You are encouraged also to reach out to your classmates about your experiences. I plan to set up a mailing list for the class. Just remember to keep everyone's confidentiality.
6. I know that many of you may have beautiful projects that you are working on. I encourage you to share and inform us. I'd just ask that we not do that within our sacred space but rather before and after class, unless it's directly related to what came up for you during class.
7. You are free to cry, laugh, sing, shout, move, and/or be still. You can be angry. You can be scared. You can be whatever you are so long as you are respectful and mindful of others. This is your space and your canvas.
8. You are beautiful just as you are. I hope that in this class, you can stand in your own seven lights (chakras) so that you can also stand in them outside of class.

Thanks!

Jim Macdonald, Chakradance Facilitator

I have read and agreed to what is on this registration form. Drop-ins also please give \$15 with this form.

Yes, I want to commit to the entire nine-week Awakening Series Chakradance course and will pay a \$100 check (payable to Jim Macdonald) or cash by the beginning of class on April 5, 2020 or will pay \$15 per week.

If Yes, I also consent to being added to a class email list (your email will be shared with other classmates).

Printed Name and Date

Email and Phone Number (print legibly)

Signed Name