

4 Fundamental Agreements

that enable and facilitate a free, authentic and embodied expression of our/your aliveness for us as a community and for you as a person:

1. **Alcohol and drug free.** - It's about you and your authentic being, and your pure expression.
2. **Non-verbal.** - Speaking activates and promotes our mental processes, which we want to reduce and shut down in Ecstatic Dance in order to get into a body flow and stay in it for the duration of the dance. Your voice (through various sounds, but please no words) is always welcome!
3. **No smartphones & no photos.** - Turn off distractions. Consensual photos of yourself and friends can only be taken before or after the closing circle. (In rare cases, people from the team carefully take scene photos during the dance, but no close-ups of individuals. These photos are for the artists and/or our marketing).
4. **Consent-Culture:** We respect the space, boundaries and expression of others as well as our own. Together we learn to clearly express YES and NO non-verbally and to recognize it in others. Before you dance with someone, wait for a non-verbal YES (e.g. recurring eye contact, playfully approaching and shared movements). Accordingly, dare to express a YES or a dancing invitation when you want to dance with someone! Be mindful of a change within a dance: each dance develops a unique dynamic, and playing with closeness and distance is part of this. Pay attention to the feeling of alignment, especially when sharing physical contact. When you get close with someone for the first time, be slow and very present. Every dance ends at some point. Respect and express your gratitude for a NO or a shared dance experience and its ending, e.g. with the Namaste gesture or another clear gesture.

Additional Recommendations

for a free body flow and the reduction of mental processes

- **Dance barefoot** (alternatively in socks or with dance/sports shoes), this supports feeling the floor and your body and more sensitive movements (#dance barefoot/feel the floor)
- **Actively calm down and empty your mind** by concentrating on the music, your body, your perceptions, your feelings and any encounters (instead of your thoughts).
- **Allow feelings and your voice**, allow yourself to gradually let the fear of judgment of your feelings and voice melt away.
- **Allowance instead of Performance:** You don't have to be and dance a certain way, neither for yourself nor for others. Find out how you dance when you allow yourself dance to happen.