



Want More Info?

eHow

Discover what Expert Bloggers Have to Say!

(You will stay on eHow)

Read More >

Home » Health » Mental Health » Stress Management » How to Learn Meditation Dance

In Partnership with LIVESTRONG.COM

How to Learn Meditation Dance

By Pamela Ann Ludwig, eHow Contributor

updated: July 16, 2010

Instructions

Difficulty: Easy

1. Read about the philosophies behind meditative dance forms. Since meditation dance is not necessarily about developing a certain technique or skill level, you can learn a lot by reading. Get inspired by other dancers, choreographers and healers who use this form. Look up the origins and artistic objectives of different dance styles. Some recently developed forms of meditation dance include the Japanese modern dance form Butoh, interpretive dance and NIA. Research the origins of older forms of meditation dance, such as the Whirling Dervishes of Turkey, the Guedra from Morocco or the Zar, practiced in many places in the Middle East and Africa. You can also see performances and demonstrations of such dance forms. Some meditation dancers tour and perform in formal theatrical venues, such as the Whirling Dervishes and Japanese Butoh dancers. You can find taped performances on Youtube or DVD.

2.  (<http://i.ehow.com/images/a06/dl/3f/learn-meditation-dance-1.2-800X800.jpg>)

Not all meditation forms require you to stay still.

Take some meditation classes. There exist many meditation techniques from various spiritual traditions. Meditation techniques can involve movement, guided imagery, breathing techniques and even laughter. Try a few styles and see what kind inspires you. You can also find [information \(#\)](#) and guides to meditation online, such as on the site [Freemeditations.com](#).

3. Take some dance classes. If you have never studied dance, it may be a good idea to take a beginning dance class. You can take classes in meditation dance, such as the NIA technique (see References), but formal study of any dance technique will be beneficial. Any style of dance will teach you the basics you need to start practicing meditation dance on your own and help you move with comfort and ease and avoid injury.
4. Experiment with your own style of meditation dance. Now that you have studied the philosophy behind spiritual dance practices and meditation techniques, and had some formal dance training, integrate these into a [performance \(#\)](#) or personal spiritual practice. Put on some inspiring music or dance in silence. Avoid dancing in front of a mirror. Meditation dance is about your experience as a dancer, not of the audience. Focus on your breathing, clearing your mind, and moving with ease.

References

- [Niadance.com: NIA the Technique](#)
- [Freemeditations.com: Free Meditation Technique](#)
- [Kazuo Ohno Dance Studio: Official Website](#)
- [Whirlingdervish.org: Dervish Retreat Center](#)

Who Can Help

Sponsored

- [How to Lose 30+lbs Guaranteed. Try it Free.](#)

Photo Credit

Dance silhouette image by huaxiadragon from Fotolia.com
meditation image by Steve Lovegrove from Fotolia.com

0

