

BODY MOVEMENT PROCESS



TIMING: Saturday PM, immediately following the Visualization

EXPECTATION: Know the music well so you can choose appropriate times to encourage the Attendees. Before the weekend, practice by listening to the music and incorporating the speaking parts so you are comfortable with it ahead of time. All Staff must be present in order to keep the Attendees safe (they will be blindfolded at the beginning of the process). Allow your posture and presence to be relaxed, connected to your body and connected to joy as this will help the attendees connect to this place as well. This process is purposely light on speaking to encourage connection to the body.

PURPOSE: to allow the women to engage their hearts and bodies in worship or (for some) to risk being vulnerable. To encourage connection to our emotions and joy.

ENERGY: varies by song

MUSIC: WATC 11 Body and Celebration

1. "You Say" – Lauren Daigle
2. "Exhale" – Plumb, *Exhale (Deluxe version)*
3. "Joy Unspeakable" – Mandisa, *Overcomer (Deluxe Edition)*
4. "Good Life" – The Young Escape
5. "Gold" – Britt Nicole, *Gold*

THE PROCESS

[Blindfolds are still on following the Visualization]

Ladies, stay as you are. Staff, please come and fill in and spread out amongst the Attendees. The Staff is not blindfolded so that they can keep you safe. We are now going to move into a time of connecting our hearts and minds together with our bodies by moving.

“You Say” – [As this song begins, say...]

This is an opportunity to risk, move, and feel. Whatever comes up for you comes and we honor and support you.

[Encourage them with similar words later in the song.]

“Exhale” – [As this song begins, say...]

Give yourself permission to be in your body. We invite you to stay present and be open.

[Halfway through, say...]

Take off your blindfolds and risk being seen and risk seeing your sisters and celebrating with each other who you are and the work you have done. Grace. Breathe in. Let go.

“Joy Unspeakable”/“Gold” – [pause or lightly play the music while you read this part and then restart the song when ready]

We invite you to continue to move and feel and connect in a way that feels comfortable to you. This is an opportunity to come as you are. This is an offering of joy. Sisters, feel these truths:

You’ve made space for the presence of God. And the truth is our identity is anchored in Christ. When King David brought the Ark of the Covenant back to Jerusalem - which signified the presence of God with the people of God - David danced with all his might before the Lord (2Samuel 6:14). In the presence of the Lord is JOY everlasting. Women, we are daughters of God. Let’s celebrate and dance! **[You may note: This may be a stretch for some of you - that’s ok.]**

Additional Dancing Music:

“Shackles (Praise You)” – Mary Mary, *Thankful*

“Ready or Not” – Britt Nicole featuring LeCrae - (Phenomenon Remix by Soul Glow Activatur)

“Feel It (feat. Mr. Talkbox)” – TobyMac, *This is Not a test (Deluxe Edition)*

When the process officially ends [after dancing] encourage them to take a few minutes before bed to journal and anchor in their experiences from the day. Encourage them to take care of themselves and go straight to bed!