

Creative Prayer through Dance and Movement
with Rabbi Chai Levy and Julie Emden

This experiential prayer session follows the flow of a morning service using music, dance, movement, and creative expression to internalize and embody the themes of the prayers. Experience how dance and movement can be an interpretive tool to make the morning prayer service and the Torah portion come alive. This session will also include time for reflection on how to use dance and movement in your prayer life and prayer settings.

Opening	Both		Brief intros of ourselves and where we are coming from with this topic. Chai: This is an experiment to offer different experiences to reflect on, not a tried and true service. Julie: Our hope is to give you an experience that will deepen your own prayer via the body and creative expression.	5
Birkot HaShachar Feeling our aliveness, gratitude, waking up	Julie	slow "Somewhere on Earth" by Uman standing in circle	Modeh ani body moving zokef v'kfufim pokeach ivrim rokea ha'aretz secondary themes to drop in elohai neshama asher yatzar	10
Psukei D'zimra Praise: Mizmor LeTodah, Ashrei, Halleluyahs	Chai	"Don't pass me by" by MC Hammer and "Hallelu Adonai" by Richard Kaplan and Michael Ziegler	Praise opening heart making offering energizing physical body and offering that up	6
Shema	Julie	no song	Listening ---- feel vibrations in your body- eyes closed -- say Shema standing and then bring in movement into different directions	5

Amidah with bowing	Julie	no song	Ha Tefila - The Prayer. Spine aligned - combine bowing/berech here with standing/amidah	5
Torah Service Behaalotcha: Raising up Lights	Chai	“Light Warrior” by Miriam Raziel	Lighting the Menorah in the Mishkan: <ol style="list-style-type: none"> 1. What is a way that you do or would like to “raise lights” to create your mishkan/sacred space? 2. Where in your own personal life would you like illumination? 3. What place in the world would you like to shine a light for others to see? 4. Where was/is a moment in which you experienced the light of the Divine shine upon you? Create a movement or gesture to go with each answer; put them together to become your choreography	10
Aleynu Hope	Chai	“One Day” by Matisyahu	Expressing hope choreography	4
Kaddish Memory	Chai	“The Beauty of the days gone by “ by Van Morrison	Dance with someone you are remembering (dead or alive) or with a memory of a time in your life in which you felt alive and connected	5
CoolDown Stillness	Julie	Dietro Casa by Ludavico Einaudi	Closing free dance, cool down and rest	4
Debrief	Both		Julie: What did you discover about your own experience of prayer? Chance to reflect Chai: Are there ways that you currently do or could imagine using this in your life or in different settings? Answer questions and share wisdom.	5 5