



Balance





Balance is a senior citizen movement workshop series that brings awareness and understanding to each individual's limitations and their relationship to their own sense of balance Physically, Mentally and Emotionally.





Flow Kākou

Balance

Curriculum

Our mission: To help our participants to find physical, mental and emotional balance through dance and theater exercises and practices.

This workshop allows each participant to uncover Individual Balance, Partnered Balance and Group Balance through movement, music and theater. These exercises and activities help to enhance our awareness and capabilities in ourselves and in our community. We move to find balance in our bodies, we practice to move our minds and we dance together to learn how to enjoy our emotions and our time.

Balance is a workshop designed for the senior citizen community to help with fall prevention, intervention and recovery.

*This class provides variations for all participants abilities and limitations. If you have a body, we will find a way to move with you.

A photograph of a group of people, seen from behind, standing in a circle on a wooden floor. They appear to be engaged in a group activity or dance. The lighting is warm and focused on the group.

Balance

Syllabus

Warm-Up:

Activating our physical, mental and emotional abilities and awareness.

Individual

Engagement in self awareness, function and intention. We use a variety of movement practices to help us uncover our individual strengths, weaknesses and capabilities.

Partnered

Exploring the range of connection in partnering. We learn the balance of leadership and followership. And we learn to communicate verbally and non-verbally.

Group

Expanding on our ability to understand and imagine. We learn to combine our wisdom and skill to create an unexpected experience of harmony.

Warm-Down:

Ending or time with stretching, breath and reflection



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Individual Exercises

- Name Game: This game allows for individual creativity, improvisation and acknowledgement of who you are as a member of this community.
 - Everyone goes around sharing their name and their favorite physical gestures.
- “Tap it Out” : Designed to warm up the skin cells and promote blood flow. This activates physical, mental and emotional awareness.
 - Warm up the hands and tap them on your own body
- Body and Breath: Initiating and supporting air and blood flow.
 - Top to Tip, learning to breathe with the entire body from head to toe.
- Body Activations: These Activations focus on the connective tissue and the communication which allows each body part to function as their intended purposes.
 - Head, Arms, Legs.
- Mojo Roll: Focuses on core strengthening and spine mobility.
 - Up/Down, Side to Side, accessing movement initiation from the core.
- Chair Dance: Strengthens creativity, communication and improvisational memory.
 - Improvised movement in the seated positions.
 - Opens up perception and possibilities. And creates smiles. Some things we need to remember to have fun!
- Tai Chi Balances: Using techniques of Tai chi and strengthening our grace of control.
 - Subtle stretching and strengthening.
- Circle Dance: Accessing and applying creativity physically, mentally and emotionally.
 - Group improvised movement with full body dance moves.
 - Improvisational, follow the leader dance jam.



- Mirror Game: This exercise helps each individual learn the true balance of “listening” and “speaking”.
 - One partner leads the other follows. Much like looking into a mirror.
- Shadow Game: This enhances the idea of listening but then encourages total confidence as a leader/guide to take the conversation somewhere new.
 - One partner leads in front the other follows behind. Much like Peter Pan and his shadow.
- Sculptor and Clay: This becomes a more tangible conversation. This a negotiation through touch.
 - One “listens” as the clay and other one “speaks” as the sculptor.
- Guided Walks: How do we walk with another? This exercise challenges the Physical, Mental and Emotional limits on the individual.
 - Partner walks, learning to be ok in your own skin.
- Bean Bag Toss: Working on perception and distance while practicing tactile responsibility.
 - Hand/Eye coordination; toss one bag from one hand to the next...
 - Let’s get creative!



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Group Exercises

- Cool Down Dance: Moving together in order to slow things down.
 - Improvisational follow the leader dance.
 - Moves and Moments that make our body say “AHHHH...”
- Owl Heads: And allowing balance to settle into the Physical, Mental and Emotional parts of the body.
 - Looking into the center of the room breathe in while turning your head 180 degrees and release and turn head back to starting position while you exhale and say “whooo” like an owl.
 - Calming down the mind and body.
- Talk Story: Mental engagement and expression of emotion through stories.
 - Sharing stories, reflections and letting go.

Warm-Up & Warm-Down

- Balance Assessment: How do we feel now?
 - Physically
 - Mentally
 - Emotionally



- Happier and healthier mental and emotional state
- Re-motivated and re-inspired movers and conversations
- New supportive friendships and community
- More communicative, collaborative and creative thinkers, movers and feelers
- Increased individual balance techniques and practices
- Enhanced partnered abilities and practices
- Expanding quality of life





BALANCE provides the senior community with a chance to move and find balance physically, mentally and emotionally. Utilizing a variety of movement exercises we expand our awareness to help expand our capabilities. We learn to find balance as individuals and as a community.

All it takes is one dance.

Contact

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