



CHANTRAINE DANCE

Dance, expression & movement ... dance for life

chantrainedance.com

"FINDING ME....."

This very gentle seated dance class discovers what our bodies can do to cheer us up.

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Dance

The Mill
**People making things happen*

This "Milling About" activity was commissioned by The Mill and supported by the London Community Response Fund administered by the City Bridge Trust

"FINDING ME....."

Are you tired of lockdown; saddened by events; frustrated by your body which no longer does what you want?

Take time out for fifteen minutes or less to use the gentle movement, breathing and imagination exercises that you will find in this booklet to: loosen up; find a moment of peace; and, from the comfort of your chair, have an adventure to see where it will lead.....

This booklet describes the dance from the video "Finding Me". In the video and in our classes we use different music to accompany each of the different parts. Feel free to follow the book with music of your choice or without. Feel free also to dance your adventure as often as you want.

The dance described here is suitable for people who have never danced before or have not exercised in a while and for anyone in need of a 'pick me up. '

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INTRODUCTION AND HEALTH AND SAFETY



- Choose a stable chair preferably without arms
- Position on a stable floor away from ornaments, tvs, wires and trip hazards (so that you don't knock anything when you stretch out your arms or legs forwards sideways even back)
- Wear loose clothing and bare feet if possible.
- It is really important to sit properly to avoid the risk of injury .
- If it is too hard to sit up straight, see pictures, don't worry, do your best and take the exercise movements very gently.
- And if you have not exercised in a while, also take it gently: just go as far as you find comfortable.

WARM UP

Hands, wrists elbows and more.....



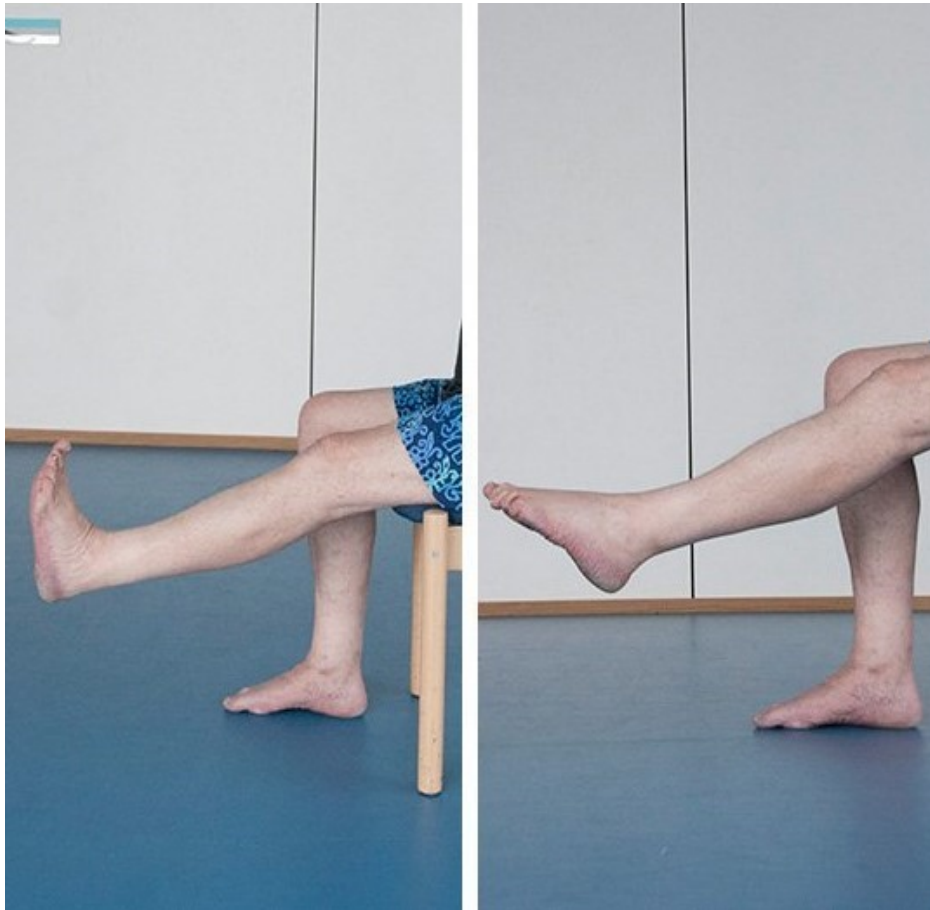
- Pretend you are washing your hands give them a good scrub.
- Take your thumb and press into the base of your other thumb and massage with medium pressure for a few moments
- Move to your palm and massage your palm in circular motion, first one way then the other .
- Using your thumb push along your palm up to the pad at the base of each finger.
- Gently pull each finger in turn, stretching it, including your thumb.
- Wake your fingers by touching the tip of your thumb ,with the tip of each finger in turn.
- Shake your hand , circle your wrist twice and Repeat on the other side.

WARM UP (1)



- Using both wrists circle them four times one way then the other
- Move up to your elbows circling them once, twice, then bigger circles and bigger ...
- Shoulders both together up, down, REPEAT
- Shoulders push FORWARD, pull BACK
- Shoulders circle backwards x 4; forwards x 4;
- Rub your arms your sides, your thighs even reaching to your calves if you can
- Pat gently with finger tips, like gentle rain falling, on your head your face, your neck and chest
- Breathe

WARM UP (2) FEET SO NEEDED.....



- Move towards the front of your seat, still sitting as tall as you can with your hips straight, (you can hold the seat of your chair if you like) Be careful not to slip off!
- Extend your right foot as far and as high as is comfortable (can be quite low)
- Flex your foot up for the count of 8 (12345678) and then point also for the count of 8 x 2
- Flex for 4; Point for 4 trying to move each part of your foot as it travels up and down. x 2
- Flex for 2 counts point for 2 counts x 2
- Then flex for 1 point for 1 eight times x 2
- Shake your foot and REPEAT on the other side
- Circle your ankle 8 times to one side 8 times to the other . REPEAT on the other side.
- You are ready to paw the ground with your hands and feet, like a cat kneading its way into a cushion ready to make its bed and settle down

WARM UP (3)



- Sit a little further back in your chair .Place your left hand on your right hip.
- Sitting up straight stretch your right arm out horizontally so it is parallel to the floor.
- Pretend you are sandwiched between two pieces of paper so that you move from side to side in this exercise not forward and back
- To the count of 8 take your arm up over your head (but in front of your face) describing an arc and stretching to the side as far as is comfortable. Come back for 8 .
- Repeat to the count of 4 then the count of 2
- Then dance , flowing your arm forward and back for the count of one four times each way
- Repeat on other side with left hand on right hip

BREATHING

- ♦ Breathe in deeply. Breathing out allow everything to collapse , apart from keeping a little strength in your centre.
- ♦ Let your head hang down on one side. Feel great heaviness and letting go.
- ♦ Breathe deeply and breathing out continue to feel great heaviness
- ♦ Stay there as long as is comfortable , continue breathing in and out and then move your head slowly to the centre ready for straightening.
- ♦ Without touching it, feel your tailbone at the base of your spine; start to straighten and then allow your spine to straighten vertebrae by vertebrae
- ♦ Until, arriving at your neck, it lifts your head.
- ♦ Then imagine energy rushing in from the ground through your feet - up through your ankles - and up through knees - pelvis -spine and neck and out through the top of your head lifting your body and expanding all the spaces in your body even though you remain seated.

Going Further

For the next one minute maximum, using your arms (and your feet if you want) or using both arms together or alternately as you wish

- PUSH THE CEILING OF YOUR ROOM AWAY
- PUSH THE WALLS OF YOUR ROOM APART
- PUSH YOUR FLOOR AWAY
- USE MAXIMUM ENERGY TO INCREASE AND EXTEND THE SPACE YOU OCCUPY

Do this until you feel tired the first time. Push through that. The second time you feel tired allow yourself to slow down, stop and rest.

Imagination going beyond our walls (1)



Imagination going beyond our walls (2)

Close your eyes. Sit comfortably and sink down into your seat.

- ◇ Do anything your body needs to bring it back into normal breathing patterns: rubbing: patting parts of the body; shaking limbs. All with eyes closed.
- ◇ Eventually, allow stillness to enter and peace to descend.
- ◇ With eyes closed imagine yourself up a tall mountain masses of sky , only huge birds live here .
- ◇ How does it feel? What can you hear ? What can you see ?
- ◇ Eyes still closed come down from the top of the mountain, to where you can see green valleys, silver ribbons of rivers, perhaps a shining sea in the distance. Green trees and distant hills.
- ◇ You can watch. Or, you can try to touch or dance some of the things you see . The curving river , flying birds , reaching out for a leaf or just feeling a gentle warm breeze on the side of your face
- ◇ Come down further to a rippling stream where water bubbles, flows and swirls over rocks, a cooling influence in the height of summer .
- ◇ And when these travels in your mind have been enough , and you are refreshed, gently open your eyes, gently stretch out, ready to meet the next part of the adventure .



Fare—well , deeper than you think.

Did you know that the word good bye has its origins from the mediaeval greeting of "God be with you " ?

It became confused with Good Morning and became Good bye in the 1650's. It is a great well wishing.

Let us end this adventure by wishing everyone well with a goodbye — which can also be used as a wonderful

Hello!

- And so, sitting tall, with a hand on our heart and with a smile in our heart
- With light in our eyes, we lean towards our heart, breathe , expand and extend our arm outwards, palm upwards.
- To say to our friends, family, neighbours, even to ourselves, "GO WELL"

I hope you have enjoyed this mini adventure from the comfort of your chair. Please turn the page to see how others enjoyed being part of a class.

Comments for Chantraine seated and gentle seated dance at the Mill

"It was by no means just my feet, legs, hands and arms which benefitted from joyous, sometimes gentle, sometimes energetic, focussed and imaginative movement under your kind direction. Every muscle seemed to be engaged, worries were banished and it was good to be alive and moving to music in the company and with the smiles of others. I am still feeling the benefit. Thank you. "

"I felt I was getting exercise which I struggle with not being able to move around very much. I loved the music and just being able to dance. It always makes me happy when I dance Chantraine. "

..... " most of all I loved the collection of music that sam had for each activity. very enthusiastic uplifting and cheerful

my mood would lift after the session and I felt lighter in spirit and in body"

"It was lovely to know that you can still enjoy beautiful graceful expressive dancing, even with reduced mobility.

The benefit was both physical and mental. I felt well exercised. Both physical and mental tension floated away! I was in a good mood for the rest of the day! "

For more information about Chantraine Dance and to enquire about joining classes email info@chantrainedance.com

Landscape and dancer portrait photography Mervin Archer. Other images from Google.

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