SDC 2: Example Lesson Plan

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| **Lesson Plan Day 6: Movement Isolations and Release** | | |
| **Activity\*** | | **Notes** |
| *BrainDance*22warm-up:  begin on the floor in supine. | 1. Breath and Tactile | Statement to the dancer, “Notice what's touching the floor.”  Different tempo breathing (FAST/ SLOW).  \*\*Start to describe the nine lines of movement.21 |
| 2. Core/Distal | In sidelying, make body into a “shapeless ‘O’” by bringing elbows to knees.  Slowly stretch arms and legs out to form a “squished ‘X’ on its side,” rolling all the way into a big ‘X’ in supine.  Slowly pull body into a “shapeless ‘O’” on the other side and repeat. |
| 3. Head/Tail | Come to hands and knees and find neutral spine.   * Bring shoulders and hips towards each other in sagittal plane, alternating sides. * Yoga Cat/Cow series followed by yoga Cobra. |
| 4. Upper/  Lower | Lower: Start in supine.   * Feet to ceiling and shake to release tension. * With feet flat on floor, cue alignment through hips, knees, ankles and out second toe; cue to spread out foot onto floor. * Heel slides straight in and out with feet on floor. * Engage core for initiation of hip flexion for marching feet. * Knees above hips and shins parallel to floor. Rotate in and out at hips.   Upper: Start in supine.   * Feel legs heavy and grounded for stability with arms at sides. * Arm circles through full shoulder flexion, out laterally then down to sides. Add visual tracking. * Progress arm circles to cross midline, reaching to opposite corner of the room. OK if shoulder comes off ground. Alternate arms. |
| 5. Body sides | In supine, keeping trunk straight and stable, elbows and knees flex, sliding towards each other while abducted, then back out. Alternate sides.   * Work on leaving arms flat.   “Body books” - Begin in sidelying with hips, knees, shoulders and elbows flexed at right angles. Keeping body-half alignment, rotate all the way to opposite side lying, then reverse.   * Follow with seated “body books.” Keeping body-half alignment, take side-steps to complete a full circle while seated, then reverse. |
| 6. Cross lateral | In supine with arms and legs extended, engage core and flex elbow to opposite knee. Alternate sides.  In sitting, with arms extended laterally out from shoulders. Engage core and twist trunk to reach fingers towards opposite toes, return to upright. Alternate. |
| 7. Vestibular | Front/back: Hug knees to chest in sitting. Roll back onto spine and return to sit.  Side: Press bottoms of feet together. Rock towards one side, return to sit. Repeat. |
| *BrainDance*  In standing | 1. Breath and Tactile | Verbally instruct dancer in the nine lines of movement.   * Cue line one with “long spine down.” * Cue lines two and three “energy broadening the back of the pelvis and narrowing the front of the pelvis.” * Cue line nine with “energy up.” |
| 2. Core/Distal | Statement to the dancer, “Make your body into a big ‘X’.”   * Reach towards the corners of the ceiling with arms.   “Bring your feet together, hips towards heels; make yourself tiny as possible.”   * Fold arms around knees and squat. |
| 3. Head/Tail | Standing with legs engaged and arms comfortably at sides.   * Bring head and hips towards each other while spine moves in flexion/extension/left/right and back to center.   Wiggle body to release tension in standing.  Movement isolations laterally, anteriorly and posteriorly: head (tilting/shifting), ribs, pelvic tilts. |
| 4. Upper/ Lower | Cue the nine lines of movement here for alignment.  Marching legs, followed by arm swings, then both together. |
| 5. Body sides | Cue dancer to make a standing “body book,” with bent knees and elbows. Keeping alignment, side-step in a big circle.   * Move legs only, then add upper body and eye-tracking. |
| 6. Cross lateral | Cross midline to bring opposite elbow to knee while standing. |
| 7. Vestibular | Front “swinging drops.”   * Standing with knees slightly bent, arms reaching above head. * Using momentum, swing upper body, head and arms forward and then back to the start. * One hand on the barre for support as needed.   Follow with hands-free swing drops in the center front, right and left. |
| Center work and rehearsal | | Build on dance from last session; focus on transitions and weight shifts. |
| After session: Continue to focus on weight shifts, movement releases and moving efficiently.  Home: Visualize nine lines of movement. | | |

All exercises are repeated for a few minutes or several repetitions each.

\*These seven types of activities are described in more detail and with visual demonstrations in the *BrainDance* film22 and in other works by Gilbert.6

\*\*The nine lines of movement are imagined postural cues often used in dance classes.11, 21