

dance smart

User's Guide

The following is a brief guideline for doing **dance smart** movement lessons. Following this guideline will provide you with the most effective benefit from these lessons.

Where to do a lesson?

When doing a lesson on the floor find a firm and level surface to lie on. A floor with a carpet is fine for such kind of lessons. Use a mat, a rug or a pad to make the floor more comfortable. Doing the lesson in bed is not a good idea. When doing a lesson in sitting, choose a chair with a hard or firmly cushioned seat. A lesson in standing is better to take place on a firm floor, not on a carpet.

What to wear?

Wear loose clothes to allow easy movement. Take your shoes off in all lessons, including in standing.

How to do the lesson?

Move Slowly and allow time to sense and feel what you are doing. Moving slow enables you to notice and let go of unnecessary effort.

Don't try too hard, and don't try to succeed. The movements in the lessons are meant to be easy, slow and simple. When you try too hard, you use more effort than is necessary. Reducing muscular efforts, your brain can feel differences easier, therefore it can sense more effectively and enables a change. Small, slow and easy movements allow you to detect the uses of unnecessary muscular effort in your body.

Never experience discomfort or pain while doing a lesson. If you experience physical discomfort, make each movement smaller and slower, ever slightly easy, or skip this particularly movement altogether.

Rest fully when it is guided during the course of the lesson. The rests or pauses provided in each exercise are equally important as the movements themselves. Fatigue causes unnecessary and inefficient effort in your movement, and interferes with your brain's ability to learn and to improve your body.

Pause between each movement and do not repeat the movements quickly one after another. The exercises will be most effective if you pause and reduce tension after each movement. Pausing between each movement insures that your brain has the time to absorb new and useful information.

Have a medical condition?

If you have a medical condition, please consult your medical practitioner about using these CDs. Responsibility for the exercises is necessarily the user's.