

From “rhythmwave.org”

With no experience necessary and no “steps” to learn, Conscious Dance provides a path for the authentic expression of who we are – and who we can be – in each evolving moment. Conscious Dance is rooted in respect and connection, of the self and in relationship. It can be challenging, creative, transformative, and deeply healing, often in equal measure. And, when practiced with awareness, Conscious Dance offers opportunities for profound personal, social, and cultural change.

Basically, Conscious Dance differs from “ecstatic dance” in the facilitated nature of the experience. Both are free-form and without choreography, with no limitations on body type or fitness level; but while ecstatic dance will typically have a DJ who selects the music, Conscious Dance will have a teacher or facilitator who suggests an intention and guides participants through the experience (to varying degrees, depending on the individual). Conscious Dance facilitators are often certified in recognized practices like [Open Floor](#), [Soul Motion](#), or [Dancing Freedom](#) – but almost all modern Conscious Dance can trace it’s roots back to [Gabrielle Roth’s 5Rhythms](#)[®], which remains a vibrant, thriving form of the practice.

At RhythmWave, our mission is to offer, inspire, and create opportunities for awareness through Conscious Dance, movement, and education... for all people, in all places.



Burning Man's 10 Principles (+1)

Radical Inclusion

Anyone may be a part of Burning Man. We welcome and respect the stranger.

Gifting

Burning Man is devoted to acts of gift giving. The value of a gift is unconditional.

Decommodification

We resist the substitution of consumption for participatory experience.

Radical Self-reliance

Burning Man encourages the individual to discover, exercise and rely on his or her inner resources.

Radical Self-expression

Radical self-expression arises from the unique gifts of the individual.

Communal Effort

Our community values creative cooperation and collaboration.

Civic Responsibility

We value civil society.

Leaving No Trace

Our community respects the environment.

Participation

Our community is committed to a radically participatory ethic.

Immediacy

Immediate experience is, in many ways, the most important touchstone of value in our culture.

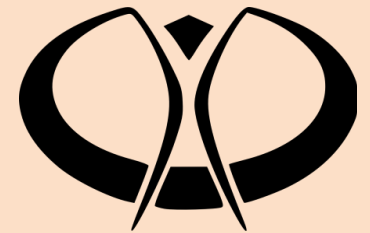
(+1) **Consent**

FRIES = Freely given. Reversible. Informed. Enthusiastic. Specific.



“This year’s theme is a celebration of change, and an exploration of uncertainty. As such it invites a consideration of time; not its circular nature, or its attendant ritual, but in this case the relentless flight of time’s arrow, and an embrace of the elusive now.

Memory is fickle, and the future is uncertain. None of us knows what he or she will become, but we can seek to understand where we are at this point in our transformative trajectory, this fleeting chord on the strings of existence.”



RhythmWave's

5 Core Values

The logo for RhythmWave is positioned behind the text. It features the word "RHYTHM" in small, yellow, sans-serif capital letters, followed by "WAVE" in large, white, sans-serif capital letters with a yellow outline. A yellow wave graphic is integrated with the text, and a thin white line forms a stylized wave shape above the letters.

Authenticity

We value the authentic discovery of ourselves and the other. Why do we dance? “There is a dance only you can do, that exists only in you, here and now, always changing, always true. Are you willing to listen with fascination? If you are, it will deliver you unto the self you have always dreamed you could be. This is a promise.” ~ Gabrielle Roth

Respect

The practice of building awareness, specifically through Conscious Dance, is a deeply personal experience, often practiced with others in community. As such, at RhythmWave, *self-respect* is at the heart of authentic, respectful connection to each other. By appreciating our strengths and accepting our vulnerabilities, we can truly begin to respect and value those of another. By respecting the practice, boundaries, and experience of another, we can truly begin to appreciate our own.

Inclusion

Anyone and everyone is welcome at RhythmWave. No prerequisites exist in our community or for any of our public offerings. There is no right or wrong in Conscious Dance when practiced with awareness, and no limitations based on body type or physical fitness. RhythmWave invites, welcomes, and respects all those who may be otherwise excluded or marginalized. We dance together, we may dance by ourselves... but we never dance alone.

Safety

While Conscious Dance practitioners are ultimately responsible for their own safety, RhythmWave is committed to providing a safe “container” (practice space) in which every participant’s physical, emotional, mental, and expressive safety is valued and respected equally. RhythmWave facilitators will work to both prioritize and truly value the safety of their participants. Ideally, all participants at RhythmWave will (1) feel safe to engage in their practice, and (2) value and respect the safety of all other participants.

Expression

At RhythmWave, we have witnessed self-expression arising from individuality and uniqueness, offered as a gift to others. RhythmWave values all forms of self-expression (1) when offered with intention and awareness, and (2) in the spirit of consent, when the “giver” respects the rights and liberties of the “receiver”. We believe that transformative change, whether in the individual or in society, can and does occur through the medium and practice of deeply personal self-expression.

RhythmWave's

The logo for RhythmWave features a stylized white wave graphic above the text. The text "RHYTHM" is in a smaller, yellow, sans-serif font, and "WAVE" is in a larger, yellow, sans-serif font. The number "5" is in a large, black, serif font, positioned between the two words.

5 Pillars

RHYTHM WAVE

HOLD



SUPPORT



GUIDE



NOURISH



CREATE



Our mission is to offer, inspire, and create opportunities to build awareness through Conscious Dance, movement, and education — for all people, in all places.



HOLD

RhythmWave goes to Burning Man to create and hold space. It's what we do. It's the Why.

- **Beginning in 2019, EVERY RhythmWave resident will be required to be on the floor to hold the space for three (3) scheduled events over the course of the week.**

Creating magic out of dust.

- **Building camp**
 - Floor
 - Shade
 - Common spaces
 - The nuts and bolts...
- **Artistic elements**
 - Alter & sacred spaces
 - Chill space
 - Lighting & signage
 - Things of beauty, temporary or otherwise...



CREATE

Keeping the wheels on the pumpkin.

- The logistics formerly known as “Teams”
 - Program Support
 - Gray Water
 - Compost
 - Trash & burnables
- Energetics
 - Elders
 - Volunteers (Zendo, Rangers, etc.)
 - Facilitators & mediators
 - Energy & body workers

RHYTHM WAVE

SUPPORT

Feeding the frenzy.

- **Food** (*chicken*)
- **Kitchen** (*egg*)

- Beginning in 2019, EVERY RhythmWave resident will be required to do one (1) kitchen shift during the week.

NOURISH



GUIDE

Making the magic happen.

- DJs
- Teachers
- Facilitators

THE WAVE

