

Sacred Art of Whirling Dance workshop


Presented by Khatoon Fallah



Educational workshop objectives:

1. Guiding participants to create movement through the psychology of movement and discovering the psychological motivations of participants to guiding them to externalize emotions and feelings through spiritual body.
2. Teaching the techniques of whirling dance via a short dance combination that is practiced as a group.



A woman with long dark hair is lying on her back on a large, circular red rug with a black fringe. She is wearing a black strapless top. Her hands are covering her face, and her long hair is spread out around her head on the rug. The background is a dark wooden floor.

Description:

This is a spiritual Dance-Theatre workshop focused on expressing divine states of human soul through movement and whirling dance. In this workshop, we move, spin, create, breathe, release our pains, love, pray, and embrace our personal empowerment and deepest femininity.

By opening our senses and awareness to the space and each other, we unite our hearts to experience dance as an art form that seeks meaning. we will practice and highlight outstanding human virtues through dance movement symbolically.

1. Kindness
2. Compassion
3. Empathy
4. Generosity
5. Integrity
6. Humility
7. Patience
8. Resilience
9. Wisdom
10. Gratitude

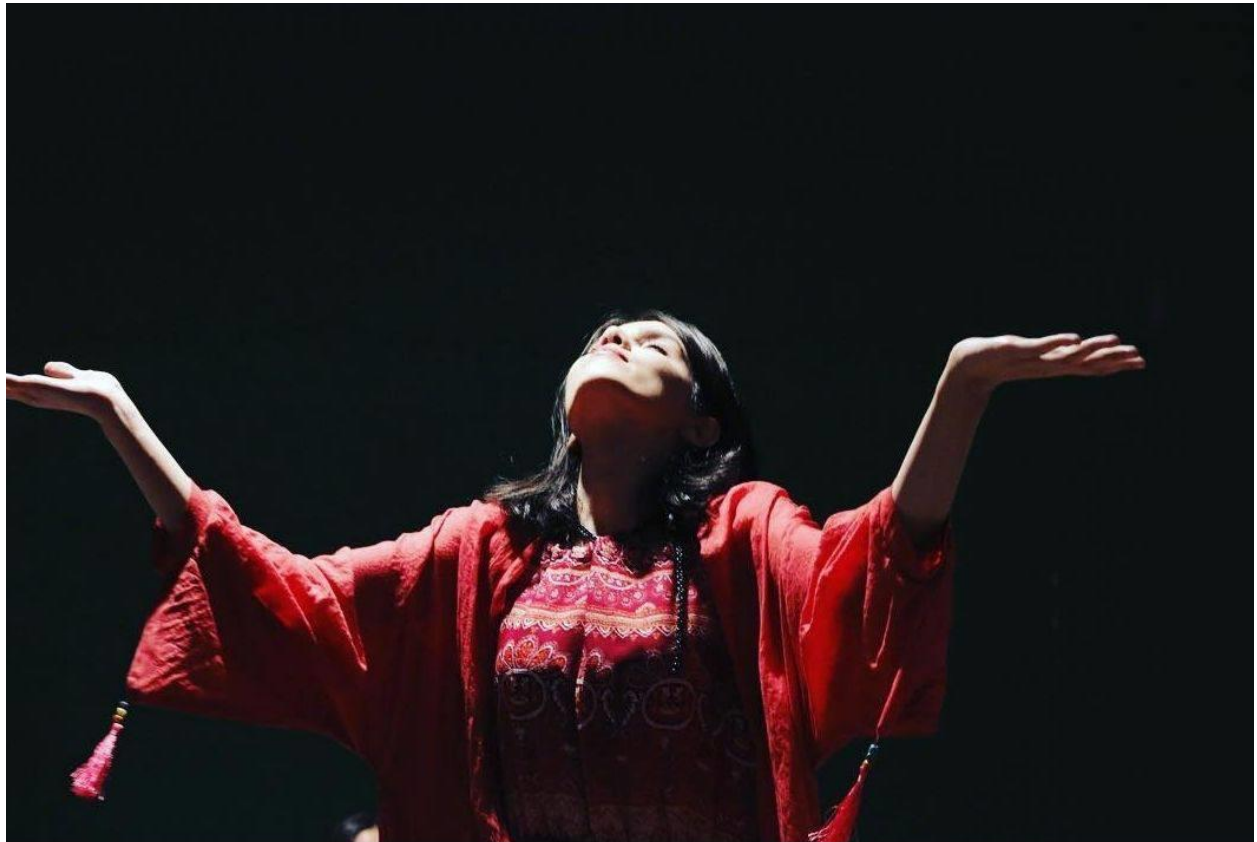
And more..the participants will be guided by Khatoon herself in in this part.

First part

Improvisation part

Including:

- Warm-Up and Spiritual Body Awakening through Theatrical Movement Exercises.
- Opening our hearts to one another and to the universe, we connect from the heart with the divine, leading to the union with the beloved.



Second part

Educational part

Participants stand in an imaginary circle, each person stands at a point on the circle, and follow whirling dance pattern that have been created by khatoon.

Objective:

Practicing unity, balance, and harmony; A Symbolic practice that reminds each individual of their small yet impactful presence on the circle of interconnectedness and order of the universe

In the middle of this session, an explanation of the sacredness of the circle geometric shape in ancient Eastern scriptures and the reasons behind this reverence will be provided.

Third part (Birth Pains)

Educational and Theatrical part

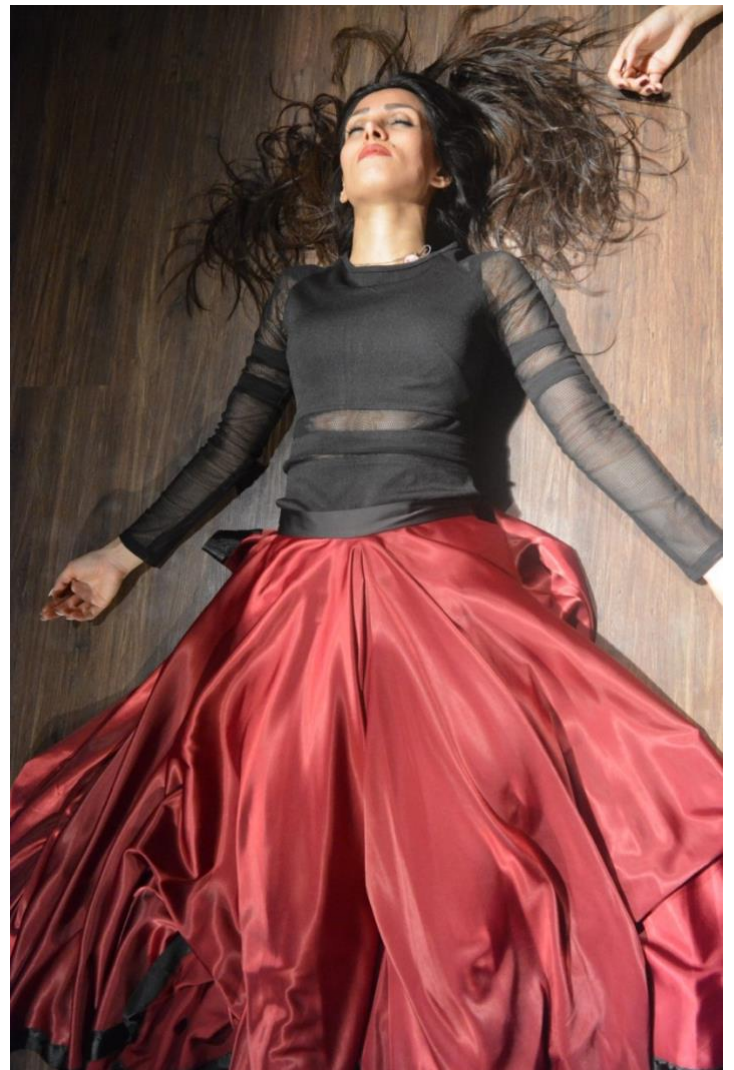
This part takes place in Mother Earth's embrace and participants embody the birth-giving state.

Objectives:

- Emotional and Excitement outburst

Remembering, recovering and redefining the power of femininity (An innovative educational activity connected to femininity)

- The practice of symbolic liberation from what have shackled to women's hands and feet. The participants will follow the dance combination with Khatoon's guidance and the theories behind this part will be explained by Khatoon at the same time.





Fourth Part:

Theatrical and Improvisation part

Objectives:

- Practicing how to express your heartfelt feelings through dance movements improvisationally.

Some cards are distributed among the participants containing short quotes by mystic poets.

Group members help each other by emotionally reading to encourage the presentation of an improvisational dance based on the concept of the poem ,and in the end, the best presenter chosen by the participants themselves receives a small prize from Khatoon.

In this part, the participant is prepared to present and express their reflection through movement. They are guided to unify the four elements of existence, namely water, air, earth, and fire, and create a short improvisational dance.



Fifth Part



Pray for spiritual body

In addition to learning and experience : How to overcome dizziness and manage it during whirling dance (interesting topic for beginners)

The workshop is open to anyone who desires an emotional encounter with the spiritual body. (Open level)

"Through the whirling dance , we mirror the celestial rhythms, as the earth whirls in harmony with the heavens, each step a divine symphony echoing the rotation of the sky" - Rumi

