



FAQ for Participating in Conscious Dance @ SMARTLab

Do I need to be a trained dancer to participate?

Not at all! If you have a body that moves, you can do conscious dance. Even if you have different abilities impacting your mobility (e.g., use of a wheelchair), you can still participate moving the parts of your body that are free to move. Even visualizing movement can have positive effects! So every *body* is welcome!

Do I need to be physically fit to participate?

Not at all! Aside from gentle guidance from Dr. Smart, the movement is completely self-led. So, you are free to go at your own pace. The main principle of this type of movement is that you move in a way that feels good to you and your body.

Do I need a special dance space?

Not really. Dance classes have been going on for months during the pandemic, and people have been finding creative ways to move at home. All you need is a little bit of free space, even if it's in your kitchen! But be sure to clear sharp objects or furniture out of the way, or anything you might trip over, so that you do not have an accident while dancing.

Do I have to be on camera the whole time?

As students have shared in the short film on our website, people tend to be absorbed in their own experience for the most part, so you don't have to feel self-conscious about other people watching you. You can dance on camera, or if you really want to let loose and don't want to be seen, you can move off to the side and away from the camera.

We do ask that you keep your camera on, though, for three reasons: one, so that we can build a sense of community by seeing people's environments, even if they decide to dance off camera for a song or two. Conversely, if you are on camera and really want to connect with other people, it will feel very isolating if you only see a sea of black video screens on Zoom. Finally, part of the guidance from Dr. Smart comes from seeing people's response to the music in real time, and this will be very difficult to do if she cannot see the participants. Note that we have a policy that people must agree to, that they will not record video, video stills, or audio from any session as part of the confidentiality/participation agreement.

What if I try it and decide I don't like it?

You can stop at any time! Just as if you were at a party or a club, you can simply stop dancing if you want to.