

Frequently Asked Questions

This Event Dates:

September 18 - 22 and 25 - 29 • Ten Beautiful Mornings of dance

Excludes Weekends

This is a committed group of dancers engaged in a specific process.
Admission after the start date is not possible.

Next Morning Sojourn: January 8 - 21, 2018 • fourteen consecutive mornings
Includes weekends

Time:

Session Starts: 7:00am ~ 8:15 am -- in your time zone. :0)
Doors everywhere open at 7am with a 15 minute meditation.
Check with your studio host to confirm time and location.

Format:

Arrive in Silence.
Sessions officially begin at 7:00 am with a 15 minutes sit.
The music will join us at 7:15 and end around 8:10am, allowing a few minutes of stillness, or journaling at the end.
A bell rings at 8:15 to end the days session.
Depart in Silence.

The Sojourn:

A customized Sojourn has been created for this experience. The Sojourn includes movement and writing prompts, body and inspirational inquiries, photography, interactive artwork, and quotes. There is a printed version and an online version.

The professionally printed, coil bound Sojourn includes blank pages for your own words. The printed Sojourn is available to US and Canadian participants. Some arrangements can be made for international participants. Please inquire.

The online Sojourn is available to all participants and is the same as the printed version [although online has color pictures]. Participants can record their experiences online. All entries are private and only accessible by you when you are logged into your account. Each entry is editable and can be deleted or expanded at your discretion. At the end of the program you can print out your completed individual entries, and either delete the online version or keep it archived. Future programs' online journal entries will also be archived and available unless deleted by the participant.

Keeping the Sojourn is not a requirement, but it helps focus our attention, infuse our intentions and track the journey.

Facebook page:

In an effort to further foster connection amongst this far-flung community, and because the sessions happen without conversation, a closed Morning Sojourn Facebook group is available to all participants.

The Music:

The same music will be played in all locations on each day. Studio hosts and solo dancers need a computer and internet access to stream the music.



The music for each day becomes available, to registered participants, beginning at 12:01am. Once a playlist is activated it is available for the duration of the program, and can be relistened to as often as you would like.

The days musicians will be posted on The Morning Sojourn Facebook page.

Solo Remote Dancers/Dancers who don't dance in a Studio:

Dancers who don't have access to dance in their area, are encouraged to join from your living space. You'll have access to the daily music, and be connected to dancers through the structure, journal, timing, music, Facebook and the process. All you need is a place to dance, a computer/smart phone with an internet connection.

Dancing part of the time in a Studio and part of the time remotely:

Yes, you can split your time between dancing at home and in a studio. It is recommended that you communicate with your local Studio Host about your schedule.

Sharing The Morning Sojourn with Friends:

Becoming a Studio Host means that you want to share this with a wider community, are willing to rent an appropriate space, will earnestly market this event and sign up at least 3 people. If you're not ready to do that, but want to have a few friends dance with you in your living space, you can sign up individually and then dance together.

Studio Hosts:

Dancers who want to offer The Morning Sojourn locally are invited to do so. You do not need to be a trained or certified movement facilitator to be a Studio Host.

The Morning Sojourn provides:

- a great home page presence to get information out about this event, online registration and a web page for each Studio Host.
- initial marketing materials and an online list of Studio Hosts that will alert dancers of places to dance
- shipping of the printed Sojourns [US + Canada]
- online Sojourns for all participants
- access to each days music, that you will stream from the web site to your computer and your spaces' sound system. (you do not have to buy music or create any play lists.)
- advertising for The Morning Sojourn via Conscious Dancer.

Studio Hosts agree to:

- be responsible for negotiating and paying any and all studio rental fees and meeting any insurance requirements
- sign up at least three dancers to qualify as a Studio Host
- adhere to the structure of The Morning Sojourn
- operate with honesty and integrity, respecting copyrights and program content.
- play the music that is provided each day of the event
- take complete responsibility for their space and the welfare of the dancers who participate in their space.
- offer support to all participants, including any virtual/remote dancers who register with you.