



Stories in Motion: Movement, Memory, and Connection



Teaching Artist Toolkit: Stories in Motion

Take a quiet moment. Breathe. Let yourself arrive. What brings you here today? Write a brief intention for this session. It might be emotional, creative, spiritual, or simply practical.

Core Concepts to Hold During Class

Meaningful Expression

- Movement is communication.
- Your body carries wisdom; let it speak.

Safety Through Technique

- Alignment protects your joints, muscles, and breath.
- Use technique as an anchor, not a performance.


Sacred Presence

- Approach movement as ritual—an act of reverence for your body, story, and spirit.
- Allow stillness, breath, and silence to guide you.

Neuroplasticity & Well-Being

- Intentional, expressive movement activates the brain in unique and beneficial ways.
- You do not need dance experience to benefit.

NOTES



*"Once you start
approaching your body
with curiosity rather than
with fear, everything shifts."
Bessel van der Kolk*

Reflections

Warm-Up

- What changed in your body?
- What changed in your emotional or spiritual state?

Elements of Dance

[Shape, Direction, Level, View, Energy, Motion]

- Which movements felt natural or nourishing? Why?
- Which movements felt unfamiliar or challenging? Why?
- Did any movements feel “sacred” or meaningful to you?

Story Improvisation

[Imagery, Metaphor, Emotional Prompts]

- What memory surfaced for you during the exploration?
- If that image had a movement quality, what would it be?

(Circle one or add one of your own)

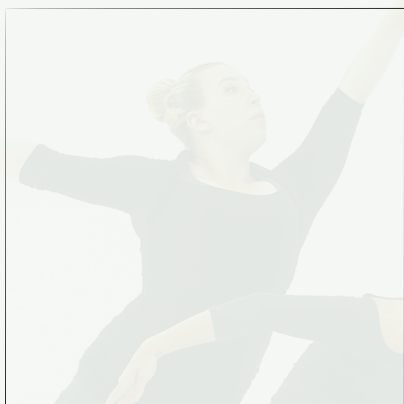
Fluid | Staccato | Expansive | Contracted | Spiraling | Floating | Heavy | Light | Grounded | Searching

Discovery

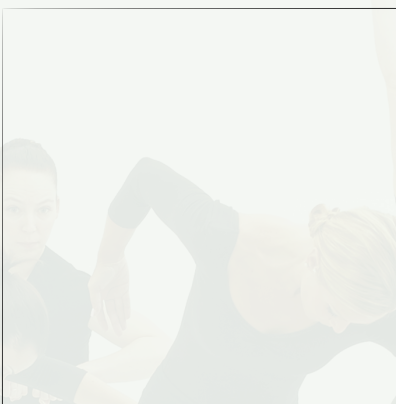
- What is your internal landscape after improvisation?
- What shifted as you moved without structure?
- Did you sense connections?
- What do you want to carry forward from today’s experience?

CHOREOGRAPHY

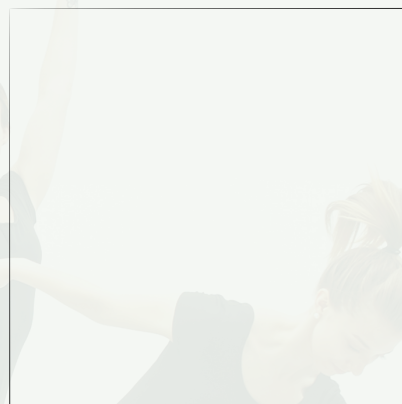
Dancing from the Inside-Out



BEGINNING



MIDDLE



END

REMINDER!

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