

## WGICON 2022

### “O. I. C.- The Joys of Moving!”

Vincent E Thomas

September 10, 2022

### Acknowledging Circle

#### Agreements for our time together:

- \* To be full of my value and free of judgment (but welcome a critical analysis)
  - \* To be curious about my learning
- \* To acknowledge the many faces, names, bodies, minds, experiences that are in the space and to know that each are valid and valued
  - \* To have serious fun!

#### “You see this Body?” (Animated Call and echo)

- \* validating self and the body you have

#### “OIC- The Joy of Moving”

- **Organization** of the body- individual parts and the whole (awareness of body parts, how it is put together, and their function),
- **Integration** of the body (intermixing, folding in...coordination of processes of nervous system) from the core,
- **Coordination** of the body (how the body parts works in relation to and with other body parts)

#### Warm-up: BrainDance

- \* using the framework of BrainDance to deepen our understanding and awareness of the body and movement patterns that leads to better O. I. C.
  - \* *Developed by Anne Green Gilbert, the BrainDance is comprised of eight developmental movement patterns that healthy human beings naturally move through in the first year of life. As babies, we did these movements on our tummies and back on the floor. However, cycling through these patterns at any age, daily or weekly while sitting or standing, has been found to be beneficial in reorganizing our central nervous system. Repeating these patterns over time may help us fill in any missing gaps in our neurological system due to birth trauma, illness, environment, head injury or not enough tummy time as a baby.*
  - This "dance" is an excellent full body and brain warm-up for children and adults and can be done in any setting. The BrainDance may be used as a warm-up for any physical or cognitive activity; before tests, performances, and presentations; after sitting for long periods of time; as a break during computer work and TV watching; and to increase energy and reduce stress.*
  - It is a centering body/brain movement tool for brain reorganization, oxygenation, and recuperation. The BrainDance prepares us for learning and helps with appropriate behavior and social skills.*

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#### **BrainDance Patterns:**

\*Breath

\*Tactile

\*Core- Distal

\*Head- Tail

\*Upper Body & Lower Body

\*Body Side

\*Cross Lateral

\*Vestibular

#### **Technical Phrases:**

\*Knee bending (aka- Plie’)

\*Foot and ankle mobility/stability (aka- Forced arch and releve)

\*Leg stretches (aka- Tendu)

#### **Music:**

*Third Eye* by Glen Velez, album- **Rhythms of the Chakras**

*Sweet Dreams Are Made Of This* by The Soul Rebels, album- **Unlock Your Mind**

*Poinciana* by Aaron Goldberg, album- **At the Edge of the World**

#### **Additional Resources & Contact Information:**

Technique Videos- DSI sponsor

<http://video.dshowcase.com/category/dance-warm-up/>

<https://www.creativedance.org/brain-dance/>

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