**Mindfulness Exercise No. 2: Moving with the Music**

**Introduction:** For this activity, please prepare the music selections suggested below. There are four songs to be played, one immediately following another. If you are providing your own recorded music, make sure they are diverse in sound and tempo. The sequence should be something such as this:

**Song #1:** An **up-tempo Standard** from the 20s, 30s or 40s (instrumental or with vocals). Examples: *Sing, Sing, Sing* (Benny Goodman); *In the Mood* (Glenn Miller); *Sway* (various); *Fly Me to the Moon* (various)

**Song #2:** A **slow, melodic instrumental** or **World Music**. Examples: Music from Enya, Jim Brickman, “IZ” (Israel Kamakawiwoʻole) or Yani

**Song #3:** A **Classical piece of music** that inspires movement. Examples: *Eine Kleine Nachtmusik: Allegro* (Mozart); *Canon In D* (Pachelbel); *Ode to Joy* (Beethoven)

**Song #4:** A **modern “feel good” pop song** or another **Standard**. Examples: *One Love* (Bob Marley); *What a Wonderful World* (Louis Armstrong); *Pennies from Heaven* (various); *Steppin’ Out With My Baby* (various)

**Instructions:** Participants can stand and move to the music or “chair” dance. Encourage people to forget about “how” to dance and simply be in the moment. Move their feet, swing their arms and sing if they’d like. For those sitting, they can close their eyes as they move.

**The rules are simple:** a) Try not to bump into anyone. b) Don’t think c) Follow your body’s natural rhythm (which will change abruptly from song to song).

**After the exercise:** Offer refreshments such as Sangria or a pleasant-tasting fruity beverage that engages the senses. Have cheese and fruit plates available for snacking. As a party discussion, find out what feelings or images the music invoked.

**Alternative Exercise:** Instead of dancing, have participants remain seated with a pen and paper. Play only two instrumental selections and have everyone write down what images and feelings come to mind. Perhaps the song brings back a memory. They may choose to write as the song is playing or listen with their eyes closed and write after each song.