

Moving through the Subtext

Exploring Complex Relationships Using our Whole Bodies

One of the biggest factors impacting our long-term health is how we manage stress. A sizable source of that stress is the complexity of human relationships, especially in those partnerships that reflect the growing diversity or challenges of our world such as:

- ❖ Racial and Ethnic Diversity
- ❖ Religious (or non) Belief
- ❖ Political Ideology
- ❖ Sexual Orientation
- ❖ Gender Expression
- ❖ Economic Disparity
- ❖ Dealing with Aging
- ❖ Substance Abuse
- ❖ Parents and Young Adults

Moving through the Subtext attempts to bring healing and support by having individuals, partners or families explore diverse ways of thinking by engaging their whole bodies in movement activities. The movements vary from light to rigorous (although each participant sets their own level), followed by a period of reflection. Such an approach has been shown to open up new channels of insight, communication, and understanding.

Come to Improve Relationships, Come to Reduce Stress, Or Come for the Exercise

What do I wear? No required clothing, however, loose-fitting clothes that allow for movement (such as shorts and t-shirts) or sweats are highly recommended. The activity requires soft shoes such as tennis shoes or sneakers. Dance shoes are also acceptable, but please no socks.

What do I need to bring? A water bottle is required. Some individuals might want to bring a towel as they would during exercise.

What does a session look like? We start with a series of stretches and warm-ups to make sure we're limber enough for movement. This is followed by group exercise that focuses on working with others. We then introduce a text from a variety of secular literary sources. These texts highlight the complexities of human relationships, and we explore each part of the text using a variety of movements, followed by a period of reflection. Finally, the whole text is "choreographed" to bring fresh insight to the reading. After closing revelations are shared, the group disperses.

How rigorous are the movements (and what if I have limited mobility)? The movements are adaptable for all ranges of motion and body types. The focus is on movement, not conformity or skill. Coach potatoes or seasoned dancers are welcomed to participate, and all will find movements to meet their level of flexibility and energy. (As with all physical activity, consult your doctor if you have questions about your own readiness). Anyone is allowed to opt out of any movement at any time.

Session Dates/Time: 7 to 9:30 p.m. October 10, 24, November 7, 21, December 5, 19

Where? The Ethical Culture Society of Bergen County, 687 Larch Ave, Teaneck, NJ 07666

Cost? Free for Ethical Society members. All others \$10 per session

Who can attend? Anyone age 12 or older can participate. A special session for families with young children can be organized if there is enough interest. Please let us know.

COVID Mitigation: Moving through the Subtext is open to all vaccinated individuals. Regardless of vaccination status, a mask is required throughout the gathering, and bring another if you sweat heavily.