The Ecstatic Dance Tracker

A reflection on movement, transformation, and presence

Date: _____ Name: _____

PHYSICAL

How does your body feel now compared to before you danced?

More Open • Energized • Relaxed • Integrated • Grounded • Fluid

MENTAL

What thoughts or mental patterns dissolved during the dance?

Worry • Self-Criticism • To-Do Lists • Overthinking • Mental Loops • Racing Thoughts

EMOTIONAL

What emotions moved through you during the dance?

Joy • Grief • Anger • Freedom • Love • Release • Bliss • Sadness

SPIRITUAL

When did you feel most connected—to yourself, others, or something greater?

Unity with Group • Merged with Music • Connected to Source • Body as Temple

YOUR FUTURE SELF

What version of yourself would emerge with consistent weekly dance practice?

More Embodied • Freer • Resilient • Joyful • Connected • Alive

MY INTENTION FOR THIS WEEK'S DANCE IS