

## How to Use BrainDance Music

### Everyone:

This is not a CD intended for sitting and listening. This CD is designed for participation. Standing in-place, moving around, sitting or lying down, you can do the BrainDance as suggested in the narrations or adapt the instructions to your own circumstances.

Be creative. Vary how you do the BrainDance using the **Dance Concepts** or by exploring images or create stories that fit the patterns.

Explore our **Resources** list.

### New to the BrainDance:

Go to **The BrainDance In-depth**, tracks 8 – 16. Follow the detailed instructions and take-in the additional information. Use these tracks whenever you want to go “in-depth” with the developmental patterns.

Then, go to **The Eight Minute BrainDance (narration)** followed by **The Five Minute BrainDance (narration)** to become a more fluent and fluid BrainDancer.

When you are ready, try **The Eight Minute BrainDance (key words)**, **The Violin BrainDance (key words)** and **The Five Minute BrainDance (chimes)**.

Now, you are ready to create a BrainDance with the instrumental tracks – **6. The Violin BrainDance** and **7. Atlas**.

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