

Embodydance Santa Fe Retreat Survey Summary – October 2010

Number of people who filled out Survey: 60

Number of people who completed Survey: 46

23 people have attended the annual retreat in the past 2 years.

The following is a summary of results from the survey based on what the majority expressed as wanting in a retreat and/or workshops offered by and through Embodydance.

Brief Summary:

Of the community members who participated in the survey, most people want a retreat that is lead and facilitated by Embodydance community members. Half of these want to participate in the creation of the retreat. Most want more guidance than at our weekly dances. 95% want time to socialize and get to know their community of fellow dancers better.

The main motivation for attending a retreat is to GO DEEPER – into the dance, into self-awareness, into getting to know our community better. 70% would like movement and awareness exercises, ceremony and ritual.

The majority don't want the retreat to be led by a guest facilitator, preferring for it to be lead by a variety of community facilitators throughout the weekend. 65% would like to learn more about 5Rhythms® but 83% do not want the retreat to be led only by a “certified” 5Rhythms® teacher. 70% do not care who in our community leads the retreat.

About a third think/feel it is very important to have an annual retreat and the largest percentage feel it is somewhat important. A large majority think that the Retreat should be sponsored by, and hence the financial risk of, Embodydance. A third say it is likely they would attend. 70% would like a one-day option to attend. 70% said location is the most important determining factor.

Detailed Summary:

Community members want facilitation and guidance at the retreat, with more guidance than at the weekly dances.

Time to hang out and get to know each other more is very important.

The majority do not care who leads the retreat but want the facilitators to be from our community. Only 30% would not attend a retreat lead by a specific Embodydance facilitator (and all facilitators except Gay, and some EC members are specified).

Based on the categories outlined in the survey, the community wants the following:

1. Movement and awareness exercises
2. Ritual and Ceremony
3. Meditations and visualizations
4. Group and partner work
5. Learn more about "5 Rhythms"

Although not a majority, a significant number of people would like to participate in a Facilitator Training and learn how to craft and lead a wave. This is something we can offer as a workshop, or as an optional activity at a retreat.

50% would like to participate in the creation of the retreat. 65% would like to volunteer as part of their attendance fee. 40% would like it to be priced between \$50 - \$100. 45% said \$125 - \$150.

Any season is fine for most people, with autumn and winter the most popular times where designated.

Most people would like a one-day option to attend.

30% of survey participants would like attend a retreat, 25% almost definitely would attend, less than 10% are definite they would attend.

Most popular "determining factors" for attending a retreat are, in order of majority:

1. Location
2. Cost
3. Facilitator

For most members, their dance practice is primarily a Meditation or Spiritual practice, and a Transformation practice the second most selected reason.

23 people who filled out the survey have attended the annual Embodyspace Retreat in the past 2 years. 23 have never attended any ED retreat (in 10 years).

Of those who attended in the past 2 years...

Most people (65% – 88%) liked:

Location, dance exercises, food, leader/facilitators, length of retreat, ritual and ceremonies, choice of music/wave, decorations.

A small number of people (20%) did not like:

Invocations, leader/facilitator, dance exercises

Amount paid for retreats or workshops on average:

Average least paid = \$90

Average most paid = \$170

Deepen. Community member's motivation for attending the retreat was overwhelmingly to go deeper in the dance experience, deepen self-awareness,

deepen connections within the community, go deeper into self, deepen spiritual practice. Other important factors were community building, social relaxation, personal transformation, and a fun get-away.

36 out of 46 (78%) people said they are interested in attending an Embodyspace Retreat. 32 of 46 (70%) people said they are interested in attending Embodyspace special dances and social events. (Considering that only 46 out of 60 people answered this question, this is a good percentage of interest imho.)

33% think/feel it is very important to have a retreat. 44% think/feel it is somewhat important to have a retreat. 24% think/feel it is not important.

The majority (almost 80%) think Embodyspace should sponsor RETREATS and hence, take on the financial risk of loss or gain.

However, it is almost a 50/50 split about ED sponsoring WORKSHOPS and hence, take on the financial risk of loss or gain.

And only 35% think retreats, workshops, and special dance events should ONLY be the financial risk of presenters (from within or outside the ED community).