



Invitation to apply to join the 3rd cycle Biodanza School of Australia

“A Biodanza session is an invitation to participate in the cosmic dance. Our proposition, is not only to dance, but also to activate, through specific dances, affective and communication potentials connecting us with ourselves, with our fellow human beings and with nature.”

Professor Rolando Toro Araneda

One encounter can change your existence, one dance can clear your eyes and re-organise your perception, one music can open your heart. This is what we discover with Biodanza. One moment, one vivencia, can change life for us.

You may have felt the gift and power of this already in weekly classes and workshops. Now imagine this amplified by a journey of multiple weekends, travelling together with a group of fellow life-dancers. *This journey is a precious and deeply life-enhancing voyage of experiences and adventures.*

Ask people who have done the Biodanza School and you will see something come to their eyes and their smile. A remembrance of what is hard to put into words and yet felt and known in every cell and fibre of their being. Read on to see what the School journey has meant to others.

In a unique way for each person, the Biodanza School course facilitates new starts, re-births and discoveries of new possibilities for you, your relationships, how you feel and how you live . It is an exquisite path for realizing your potential for healthy, vital, creative and pleasurable living. It may even be the beginning of a new expression of work as a Biodanza facilitator.

People enter the Biodanza School for different reasons. We recognized that not everyone wishes to, or is suited to complete all the modules or to become a Biodanza facilitator.

There are a number of possible pathways from the commencement of the Biodanza School. These are indicated in more detail in the coming pages. Broadly, they are as follows:

- **Personal Development** – The first 21 modules for your own process, enjoyment and growth journey that will also develop existing facilitation skills. Minimum commitment – 3 months.
- **Biodanza Facilitator Training** – All 30 modules with post-module written feedback, supervision and thesis. The commitment and requirements for this pathway are spelled out international facilitator requirements.

If this invitation calls you, we invite you to follow the music, to listen to that which is alive and dancing within and read on. See whether this journey is for you and the steps that need to be taken next to apply to join the 3rd cycle of the Biodanza School in Australia.

What previous participants say about the Biodanza School in Australia

“My experience within the Biodanza School of Australia was one of the most inspiring and uplifting forms of education I have ever experienced. The course fostered a sense of love and



support for my personal journey, whilst teaching me the core elements of the Biodanza system. . . As an osteopath, I value research based approaches and well presented course material, and I found both within the Biodanza School of Australia. I look forward to being a part of the next school!" Melissa - Osteopath

"The Biodanza School for me was a life changing experience. When I started the School of Biodanza I was very sad, my personal life was not going well and I was unhappy at work. I was thinking of going onto anti-depressants, I was stressed and without energy. I had done Biodanza back in Brazil and entering the School in Australia changed everything, it took me to another level inside myself. From this personal development I then learned how to share the system with others. With Biodanza I recuperated happiness and joy in my life and without the anti-depressants." Claudio - Senior Programme Manager - IT

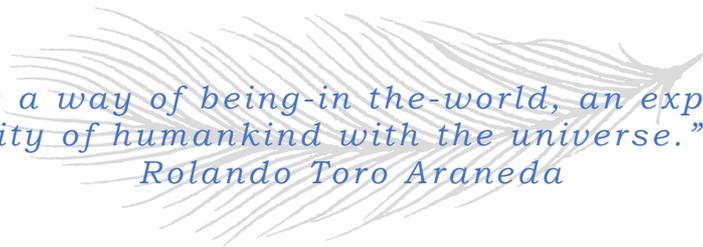
"Biodanza goes beyond being a "therapy" because it proposes a complete program for living. My personal experience of Biodanza's power to "bring it all together" was that it spoke to me equally as a researcher and a dancer of life - and provided opportunities to actually live the connections between them." Rebecca - Dance therapist

"A huge step in my evolution whilst having a lot of fun. Profoundly changed my perceptions of affection leading to a much deeper connection with my partner." Shane - Body-worker

"The School enabled me to grow organically by reconnecting with the innate wisdom stored in each cell of my body. What more could I ask if my aim is to live life to the fullest? I relearned to connect the dots, to communicate without words, to be in the knowing of how we are all connected, part of the same." Heleen – Education Relationship Management and Biodanza Facilitator (Sydney)

"I discovered Biodanza seven years ago on an overseas trip and I felt blessed when it finally was available in Australia so I didn't waste any time to start my training. Now I'm so looking forward to being a facilitator and sharing Biodanza." Giovi - Holistic Health Business Owner

"The School of Biodanza allowed me to explore my creativity through dance, share that experience with others, let go of everyday stress and embrace the joy of movement. To do the School of Biodanza is to begin a journey that encompasses all - that is life affirming." Kath - Biodanza Facilitator (Melbourne)



“Dance is a way of being-in-the-world, an expression of organic unity of humankind with the universe.” Professor Rolando Toro Araneda

Overview

The Biodanza School of Australia is accredited by the IBF - International Biodanza Federation Ltd. It is one of 161 IBF Schools world-wide in 35 countries. The curriculum for the school is the same one followed across the world. It was established by Rolando and his closest collaborators and co-creators over many years.

The 30 modules are based on more than 60 years of research and development with music and dance in Biodanza sessions around the world and draw upon anthropological studies of dance, life-celebrating rituals, psychology and other human sciences. The theories that underpin Biodanza are presented in workbooks that accompany each workshop.

This programme will be delivered by Biodanza School Director Kate Clement and a team of highly experienced and talented Didactic teachers and School Directors from Australia and other countries.

The modules will be delivered by these didactics or as a collaboration with Kate.

Course Structure

The modules are offered in weekend workshops and a series of online sessions.

1. [Biodanza Theory and Applications](#) - 21 modules - weekends + online sessions
2. [Biodanza Methodology](#) - 9 modules - weekends + online sessions

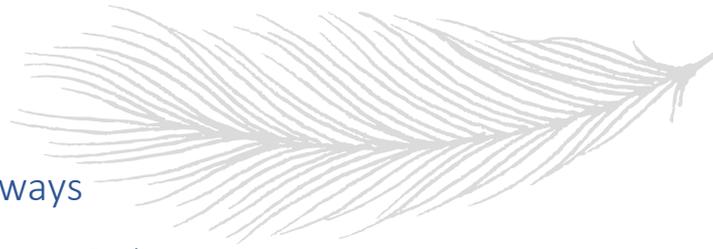
Workshops

The programme is presented in a combination of weekends, and 3-4 day workshops, to reduce travel commitments and enable specific subjects more time for integration and enriched learning experiences with didactic teachers.

Online Sessions

There are 2 types of online sessions that take place between weekends.

- **Collaborative Learning Call** –Participants meet online in Zoom in self-organised groups of 3-4 people during the week after the weekend. The purpose is to give space for feedback from the weekend and the co-creation of a feedback report or presentation about the weekend. *Attendance is a requirement of the facilitator training pathway and optional for others.*
- **Theory Presentation Call** – Two weeks prior to a weekend, there will be a theory session online. This will be the first theory lecture for the upcoming weekend and will also offer space for clarification from the previous weekend. *Attendance or listening to the recording before the weekend is a requirement of the facilitator training pathway and recommended for everyone. This call will be recorded and shared.*



Learning Pathways

Personal Development Pathway

Who is this for?

You want the enriched environment of regular, deep Biodanza vivencias with a group committed to a journey of self-discovery together, the first 20 modules of this course are a wonderful way to live this experience.

You might also be drawn to Biodanza and maybe think you want to be a facilitator but are not sure. You don't have to know this at the outset, you can commence the cycle entirely for yourself and your own process and decide down the track, at module 20 if you want to pursue the facilitator training or just have the experience for yourself. Even if you don't do the facilitator training, the process itself will enrich any facilitation work that you do.

What is involved

- Committing to the first 3 modules of the BSA 3 cycle.
- You can complete up to the first 21 modules for your own process, enjoyment and growth journey.
- To get the most from the weekends you are recommended to attend or listen to the online Theory Presentation Call and read the workbook before each weekend that you attend.

Foundations for Biocentric Learning Pathway

Who is this for?

You work with groups as a teacher, therapist, facilitator or social worker and want to incorporate dance, movement and or Biodanza into your work. This pathway will help prepare you for a specific applied programme of Biodanza, such as the evidence-based programme Tanzpro.

- Programmes, such as Tanzpro, involve a defined set of activities that you learn to deliver using specific Biodanza tools. The training time is much shorter, such as 3-4 modules. With these programmes you are not a Biodanza facilitator but are qualified to work with a specific programme of classes in a particular group. As soon as you learn the programme you can integrate it into your existing work.
- As the evidence basis of Biodanza strengthens, it is likely that such pathways may develop for working with other groups, such as the elderly or other groups in society. You may even like to become part of developing such pathways with international subject matter experts.

What is involved

- Completing the first 3 modules of the cycle. The intention being a deepening of your understanding of Biodanza and the Biocentric Principle upon which Biodanza is based in order to support another biocentric training aside from the Biodanza Facilitator training.
- The minimum commitment is 3 months and you are certainly welcome to do more than this.
- You need to attend or listen to the online Theory Presentation Call and read the workbook before each weekend that you attend.

Biodanza Facilitator Training Pathway

Who is this for?

You feel drawn to become a Biodanza facilitator. This is a possibility for deeply satisfying work and creative expression connected to an extraordinary world-wide community of people with a life-centred ethos, having a positive impact in many spheres of society. As a Biodanza facilitator you can facilitate Biodanza groups and workshops anywhere in the world.

You can also study an extensive variety of applications and extensions, such as working with Biodanza with special groups or in a special context, such as in warm water, with massage, with families, organisations or social projects.

What you need to do

- Read the School Regulations document to understand the full picture of the facilitator training.
- Complete 28 modules. If you miss modules in the BSA 3 Cycle, there is an annual weekends where modules can be recovered. You can also complete a number of missed modules at another Biodanza IBF School, in for eg. New Zealand.
- Participate in Collaboration Calls and submission of theory Report or Presentation.
- Listen to Theory Calls prior to coming weekend
- Give a programme of classes supervised by IBF didactic teacher/s.
- Present of a thesis – practical or theoretical.

Please read the addendum document *Biodanza School Regulations* for more detail.

Location/s of the School

Venue

Most of the weekends will take place at the primary location of this school cycle – the Railway Barracks at Goulburn. This venue is a purpose-built dance retreat venue. The venue has a wonderful setup and energy for holding a group. As well as beautiful new wooden floors in the renovated dance space, there are floor to ceiling north facing windows, a spacious outdoor deck and a big cosy fireplace for winter. With a well equipped kitchen, separate dining room and shared rooms for up to 40 people on-site it is a very convenient and comfortable workshop venue.

Some longer weekends will be hosted within 2-3 hours from Sydney and/or Canberra.

Food and accommodation

- Accommodation is paid online before the event directly to the venue. We will send those links through when you have confirmed your place and paid.
- You can also opt to bring your own food, the kitchen has a fridge and some facilities for preparing food.



Course pre-requisites

To support your experience in the School you need to have 50+ hours of experience in Biodanza sessions before commencing the weekends. It is also important to participate in regular weekly Biodanza sessions, if available in your area.

Everyone is required to make an application to enter the Biodanza School of Australia.

Facilitator Pathway

- If you wish to take the facilitator pathway, you are required to have a session online or in-person with the School Director to assess your suitability to undertake the Biodanza facilitator training.
- It is recommended that this is done as soon as possible after commencement of the training.

Personal Development & Foundations for Biocentric Learning Pathways

- You may wish to meet with the School Director for understanding of yourself and support during the School.