



EscolaBiodanzaPortugal  
*sistema rolando toro*



# Extensions Biodanza

[2017 - 2018]

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# BIODANZA: VOICE, MUSIC AND PERCUSSION

Sérgio Cruz



**Date:** 16 to 19th March 2017

**Schedules:**

16: from 11 am to 7 pm

17, 18: from 10 am to 6 pm

19: from 10 am to 2 pm

**Investment:**

€ 275 (until January 15, 2017)

€ 375 (after January 15, 2017)

**Venue:** Av. Salvador Allende, 16B, Caxias, Lisbon (Portugal)

**Informations and registrations:**

[coordenacaolisboa@escolabiodanzasrt.com](mailto:coordenacaolisboa@escolabiodanzasrt.com)

The work of integration and liberation of voice in Biodanza is of fundamental importance. I call it “vocal movement”, or “the dance of voice”. In the integrative goal of Biodanza, voice cannot be isolated from integrated movement, from dance, in which the pelvic, abdominal, diaphragmatic, pectoral, cervical and oral segments flow integrated and freely, extending themselves in resonance to the arms, hands, legs and feet.

The commitment with emotion and with expression should be complete. The spoken word in Biodanza should normally be reduced to a minimum, because it has a strong rational/cortical connotation and structure. But when this spoken word is provoked by emotion it transforms itself into a true dance.

Many people that work with voice on a daily basis are quite capable of expressing their ideas and objectives with words; however, when it comes to talking about the emotions that are involved in their lives or their passions, the same people block themselves and can barely breath, making integrated dance impossible. In the work of voice in Biodanza, we stimulate this dance in which the rhythm, the breath, the internal and external movements emerge completely integrated.

Through voice, as musical sound like a sonorous dance as well as singing, we get to vivencia, which is a healing vibration, a pulsation that penetrates and is at same time involving and dissolving the dancer.

The shamans utilize singing to transform disharmonic rhythms into healthy and harmonic rhythmic movements. They breath and sing harmony, like a breeze that caresses the flower of the trees, or like the wind in the ocean waves, or the sand at the beach, or like the water in waterfalls flowing over the rocks.

Healing organic flux reactivates the dance of life and cosmic music.

Integrated movements are music. We just need to feel, admire and experience them. All our embraces are sonorous, all our encounters with life are musical.

SINGING and VOICE in Biodanza are vital movements, pure emotion.

Biodanza is movement, emotion, music, and singing. It is certainly the dance of life: the “Art of Existing”.

Sergio Cruz

# THE CIRCLE OF ARCHETYPES

(Raul Terren and Veronica Toro)



**Date:** 19-22 October 2017

**Schedules:**

19 - from 10 am to 6 pm

20, 21 - from 10 am to 6 pm

22 - from 10 am to 5 pm

**Investment:**

€ 275 (until August 20)

€ 375 (after August 20)

**Venue:** Av. Salvador Allende, 16B, Caxias, Lisbon (Portugal)

**Informations and registrations:**

[coordenacaolisboa@escolabiodanzasrt.com](mailto:coordenacaolisboa@escolabiodanzasrt.com)

The archetype is a natural tendency, not learned, to feel and perceive life situations in a certain way. It does not have a determined shape but acts as an organizing principle of the things we see and do. It is a set of primordial energies that organize the development of human beings and that are expressed in the psychic medium through images.

Archetypes are present in tales, legends and myths. They belong to all cultures because they refer to the unconscious of all humankind. They wake up, activate and initiate a process of internal transformation in which we can have a better understanding

both of our gifts and limitations. By knowing our inner archetypes, we will stimulate the best expression of ourselves towards the expression of our identity.

Due to cultural, family and personal circumstances, we all present and express some active archetypes, while others remain dormant.

Throughout our training we will discover the dances of the main archetypes that are present in our collective unconscious and also see how they can organize themselves so that each of you can offer this workshop to your Biodanza students.

We give a few examples of archetypes that we will study and dance:

Gods of the Greek pantheon, including Zeus, the leader of the power, Poseidon, the world of passion; Dionysus and his search for ecstasy; Mars, the warrior and lover; Apollo, the light and intelligence; Aphrodite, the beauty and seduction; Demeter, the Great Mother; Palas, Athena, the strategy and wisdom.

Prometheus, Atlas, the Fenix.

Isis and Osiris, Orpheus and Euridice, Eros and Psyche.

The Angel's archetypes.

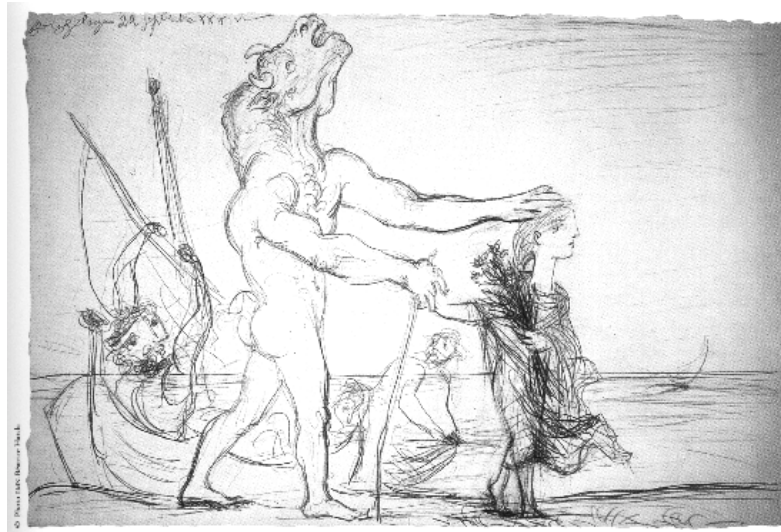
Brahma, Shiva and Vishnu of the Hindu mythology.

Other archetypes and different myths.

Knowing the archetypes is an immense source of personal power in the sense that they concern the parts of us that we can develop to grow and live up to what we really are and want in life.

# MINOTAUR PROJECT

## A therapeutical approach of Biodanza



**(Antonio Sarpe, Danielle Tavares and H el ene L evy Benseft)**

**21 to 25th March 2018 (Mod. I) - Antonio Sarpe and Danielle Tavares**

**22 to 26th August 2018 (Mod. II) - Antonio Sarpe and H el ene L evy Benseft**

### **Schedules:**

Wednesday - from 11 am to 7 pm

Thursday, Friday, Saturday - from 10 am to 6 pm

Sunday - from 10 am to 2 pm

### **Investment:**

350/450 €

Module I (until January 21, 2018 / from January 22)

Module II (up to June 24, 2018 / from June 25)

€ 700 (full payment of the 2 modules)

**Venue:** Av. Salvador Allende, 16B, Caxias, Lisbon (Portugal)

### **Informations and registrations:**

[coordenacaolisboa@escolabiodanzasrt.com](mailto:coordenacaolisboa@escolabiodanzasrt.com)

The revelation of human identity as a whole is an adventure that lasts a lifetime. The image of the labyrinth is an appropriate metaphor to symbolize our existence, full of doubts and possibilities.

The Minotaur represents our primordial instincts and the innocence of nature. Facing it is looking at ourselves with our fears that, when danced, generate the necessary impulse to move forward in life toward plenitude.

In this training we will offer resources so that facilitators can offer their students the project "Minotaur" as a way to accelerate the identity integration processes.