

Holistic Dance Advanced Teachers Training (with Certificate)

with Sabine Parzer and Guest Teachers

Level of Specialization

In the Holistic Dance Advanced Teachers Training we deepen the holistic, pedagogical and artistic skills we learned in the Teachers Training and expand them by focusing on these 6 global themes:

- Nature
- Touch
- Archetypes
- Communication
- Intimacy
- Healing

The awareness of connectivity of local and global topics such as body, psyche, art, sustainability, healing and spirituality allows us to deepen our knowledge on somatic, energetic, spiritual, artistic and professional levels.

For participants who after a completion of the Teachers Training wish to continue to explore embodiment, wholeness, sustainability and healing whilst integrating these explorations into their personal and professional practice.

Requirement

Completion of the Holistic Dance Teachers Training. Participation can also be granted with special permission during the participation of a Teachers Training.

6 Modules (30 days in total) and 6 Online Reflexion sessions – 220 teaching hours plus 95 hours of self-study

Each 5-day (some 6-days) module can be booked independently and in an individual order. The modules will be held with other non-Advanced Teachers Training participants; you receive 3 additional group sessions of the sum of ca. 5 hours with other Advanced Teachers Training participants during the module on the specified topics and with in-depth counseling and pedagogical content, plus 1 online reflection session approximately 1,5 hours long, usually on the Thursday after each module (specific dates will be decided with the group).

It is recommended to complete the Holistic Dance Advanced Teachers Training within a 3-year period, exceptions to be arranged with the Institute.

Methods

- Holistic Dance
 - Authentic Movement Plus
 - Movement in Touch/ Contact Improvisation
 - Contemporary Dance Improvisation
 - Somatics - selected methods
 - Systemic and Integrative Movement Theory
 - Feldenkrais Method
 - Visionary Craniosacral Work
 - Shiatsu, Rolfing, Fascia Massage
 - Release Technique
 - Applied Anatomy
- Elements of dance and art therapy
- Dance in the nature
- Ecosomatics- sustainability in the body/ body in sustainability
- Embodied reflection: selected methods
 - systemic consulting
 - non-violent communication
 - Women Empowerment Coaching
 - Shadow Work

Goals

- Experience embodiment as a lifelong, highly individual process
- Exploring local and global issues related to the body, touch, art, sustainability and healing
- Experience the interconnections of personal, professional and collective development
- Developing new body images, promoting self-confidence and self-acceptance
- Helping people to make full use of their intuition, embodied knowledge and creativity
- Experiencing, articulating and integrating somatic, inner-psychological, ecological and spiritual connections in professional contexts
- Deepen the connection between the unconscious and conscious body
- Body training and body awareness training
- Deepening the different methods of Holistic Dance and understanding them as intra-, inter-, and trans-psychological processes
- To complement and deepen Holistic Dance Pedagogy and expand it through the global themes

1. Module Nature

- Exploration of the inner-nature of the body - perceiving and expressing oneself
- Relationship to environment / space
- Dancing/ moving/ being in Nature
- Evolutionary development and parallel human movement development

- Anatomical explorations of pelvis, legs, feet, spine –
- Ecosomatics: personal and political awareness
- Possibilities and restrictions of moving outdoors

2. Module: Touch

- Movement as impulse for touch, touch as impulse for movement
- Bodywork in the context of movement and dance
- Anatomy of touch (who, when, and how to touch)
- Body systems (muscles, fasciae, fluids etc.) and their relationships
- Skin and its functions
- Abdomen, hara, iliopsoas
- Pain and how to deal with it

3. Module: Archetypes

- Definition of intergenerational, energetic blueprints
- Explorations of different non-standardized archetypes
- Expression and creating Gestalt through movement/dance/art
- Teacher archetypes
- Diaphragm, ribs, thoracic spine, heart
- Embodiment instead of acting out of stereotypes
- Symbols and rituals as archetypal principles

4. Module: Language

- Body as a holistic instrument of communication
- Language as a source of movement, movement as a source of language
- Voice, sound as a means of expression
- Throat, Neck, Jaw
- Non-judgmental language in a judgmental world
- Language based information, writing for dance, somatic poetry and their connection to movement practice
- Instant Composition with language

5. Module: Intimacy

- Closeness to self, others and our environment
- Mindful and playful dealings with boundaries
- Touch Contexts and Ethics of Holistic Dance
- Sensuality and sexuality (differentiation and connection) in the context of movement practice
- Shoulders, arms, hands, heart
- Relationship and partnership issues in the context of movement practice
- Riding the Tiger - Allowing and integrating wildness

6. Module: Healing

- Embodiment as a life-long, ongoing, spiraling process
- Dynamics of healing
- Definition of Trauma and Traumamodalities
- Collective Consciousness/ Collective Healing
- Head, cranio-sacral connections, spine
- Anatomy of Transformation: Embodiment -Transformation -Integration
- Shadow aspects of teaching
- Ritual and the pedagogy of Creation

Requirements for a certificate as Holistic Dance Advanced Pedagogue

- Participation in 6 live modules and 6 online reflection sessions
- Personal protocoll about each live module (3-5 pages)
- Participation in peer group: 6x live and 4x online
- 30 hours of self-organized lessons (2 protocols per 2 pages)
- Get at least 10 body therapy sessions (not included in the price)
- 4 supervision hours (not included in the price)
- Read 1 book from the book list together with the peer group and write a summary
- Keep a body diary

Each module is dedicated to the process of the individual participants and the group with their personal, professional and collective issues, which become apparent during the modules and in life. This enables a highly sensitive, creative and non-invasive approach to appreciate "what is".

Individual counseling and support during and between the modules are available in consultation with the teaching staff.

A list of books relevant to the content will be provided.