

## **Teachers Training Program**

### **In Holistic Dance and Movementpedagogy**

#### **1**

##### **Moving From Within**

##### **Introduction Workshop**

Basic elements of Contact Improvisation, Authentic Movement, Improvisation and Bodywork

Experiencing moving and dancing from inner impulses, finding pathways inside the body and relating to others with an inner guideline. Exploring a range of touch qualities in stillness and while moving. Creating and dividing an outline for a self exploring timetable for the course of the training program. (Self assessment, process evaluation, goal setting). Beginning group ritual and arriving.

#### **2**

##### **Qualities of Dance and Bodysystems**

Basic contemporary dance improvisation: Time, Space, Body and Force. Moving and touching with different qualities. Exploring bodysystems: muscles, bones, joints, fluids, organs; differentiating qualities of movement within the body systems and their relationship to our expression. Finding different qualities of relating to each other through space, time and touch. We will investigate our individual alignment, internal bodypicture and favoured movement qualities.

Improvisation, Contact Improvisation, Bodywork

#### **3**

##### **Authentic Movement Plus (1)**

An intensive focusing on authentic movement and its variable structures, allowing to move into the depth of the experience and integrating the unknown. Getting to know the basic structure, one on one, and its variations, a.o. such as breathing circles, long circles, speaking and moving witness. We will give feedback and go into processing through moving, voicing, and drawing.

Authentic Movement, Bodywork and Improvisation

## 4

### **Contact Improvisation Skills**

An intensive focusing on the physical and energetic skills of contact improvisation: rollingpoint, weightsharing, centering, supporting, lifting, flying. We will explore the techniques of lifting and being lifted, falling, landing, rolling, and sliding. How do we begin a dance and how do we end one? What's it like to open up the duet form into trio, quartet and a group. We will incorporate the experiences of the previous workshops (qualities, touch, authentic movement) to move into the adventure of contact improvisation.

Contact Improvisation, Improvisation

## 5

### **Applied Anatomy and Feldenkrais® based Bodywork**

Experiencing anatomy from within and translating it into movement, learning through looking at and then moving from sensing (through our seven senses) into our own individual anatomy and its own specific capacities. Feldenkrais® based bodywork and Awareness through Movement (ATM's) exercises will help us find a new definition and a hands on experience of our own body.

Basic Anatomy, Improvisation, Bodywork

## 6

### **Authentic Movement Plus (2)**

A second intensive to ride the devil from within...and fly amongst the eagles...and touch the earth and feel her worth... In addition to going into the depth of the experience, we will explore ways of going into authentic movement in working with a clientel that has little or no access to such a movement method; we will share our experiences from the peergroup, and assess a half way point through the training (redefining exploration goal).

Authentic Movement, Bodywork, Improvisation

## 7

### **Contact Improvisation Intensive, Improvisational Scores and Performance**

Deepening our skills of going in and out of touch, finding the small dance, following and redefining group dynamics (trios, quartet, group); exploring and creating new improvisational scores; exploring different spaces (outside and inside the studio, public and private) and how they effect our movement and touch qualities. How do we shift into a performance quality and how do we stay connected to our inner witness and internal impulses. What does it take to create an interesting dance?

Contact improvisation, Improvisation

## 8

### **Mystery Workshop**

All the methods

## 9

### **Teaching Principles - Working with different clientel**

This workshops focuses on the many ways of teaching the material to different clientel: a.o.dancers, artists, people of different professions, children, people with different physical and mental abilities, in specific social contexts. We will share and evaluate our teaching experiences and create teaching labs with specific points of interests, incorporating all or specifically one of the methods.

All the methods

## 10

### **Dancing & Celebrating**

#### **5 Day Retreat (Outdoors - optional if possible)**

Experiencing the depth and wisdom of our bodies: alone, with a partner, with the group, in nature (if possible). We will go full circle from the beginning, through the middle into the future. We will share our journals (as much as you desire), evaluate our process individually and as a group and newly define a goal for yourself as a teacher (next steps, long term plan). Together

we will capture what we have learned, celebrate and dance our butts off for the sake of being together in the here and now. No better place to do this than in nature with fully embodied bodies.

Contact Improvisation, Authentic Movement, Improvisation, Awareness through Movement, Dance in Nature, Group Ritual

## **Certification**

To receive a certificate from The Holistic Dance Institute you need to:

- Participate in all 10 workshops.
- Participate in a self organized authentic movement peergroup for the duration of the training which meets at least 9 times.
- Hold and protocoll self organized teaching workshops or courses of at least 25 hours of teaching in any or a mixture of the taught methods of the training.
- Fulfill a consultation of an acknowledged psychotherapist or supervisor at least two times during the training program
- Keep a moving journal for the duration of the training program

## **Requirements**

To have a basic understanding and/or experience in some of the following: movement based exploration methods, such as contemporary dance, authentic movement, contact improvisation, body based psychotherapy or psychology, material arts such as aikido, tai chi or yoga and/ or bodywork such as Feldenkrais®, Alexander® or other. Participants should have a strong wish to go into depth with the following methods: contact improvisation, authentic movement, Feldenkrais® based bodywork, and contemporary improvisation.

## **Outcome**

As a certified teacher of holistic dance- and movementpedagogy you can:

- Teach holistic dance- and movementpedagogy workshops and private trainings according to your own assessment.
- Teach workshops according to your own assessment and within your own responsibility in holistic dance and movementpedagogy involving the methods contact improvisation, authentic movement and contemporary dance improvisation.
- Integrate any of the experiences and teachings into your own method of work or profession.