

## **Holistic Dance Teachers Training Program (with Certificate)** with Sabine Parzer and Guest Teachers

The Holistic Dance Teachers Training is focused on the holistic aspects of dance, movement and touch. Exploring the depth of our inner body (Soma) and the moveability of our outer body (Physis) create an interrelational field, which we refer to as the BodyMind. The intimate research into and with the BodyMind allow for rich relationships to Self, Other and Space/Environment/Spirit. By exploring our own creative, embodiment process, we access the pedagogy needed for teaching and sharing these approaches to other people.

### Content:

We offer a cross-method approach with elements of

- Contemporary Dance Improvisation
- Authentic Movement Plus/Dancetherapy
- Movement in Touch/Contact Improvisation
- Somatics (based on Systemische & Integrative Bewegungslehre®, visionary Craniosacralwork, Fascia Release, Feldenkrais principles)
- Ecosomatics

The focus of the Holistic Dance Teachers Training lies on

- Individual, creative embodiment processes
- Learning through solo, duet and group processes
- Integration of the content into professional settings
- In depth study through physical, anatomical, psychological, interactive and pedagogical processes

### Teaching Materials:

- Hand-outs and related articles
- Booklist and library on site
- Video and audio material

### Structure:

**10 Modules in 16 months (32 days) – 350 teaching hours plus 80 hours of self-study**

- Modules 1-9: 6x 2,5 days and 3x3,5 days in Vienna, Austria
- Module 10: 6 days in nature

There is an emphasis on a specific quality/method during each module, yet all forms/methods will be practiced and integrated during all modules. The first half of the training is dedicated to the personal embodiment process, the second half the training shifts toward integrating the personal process with the pedagogy and theory. All teachings invite an interactive and multi-dimensional learning style.

### For who?

The Holistic Dance Teachers Training is for people who are engaged in artistic, therapeutic, pedagogic, social, medicinal settings or professions, with an interest in creative, embodied and transformational learning. The training is for people, who wish to deepen their understanding of the potential and healing qualities of the BodyMind in dance, movement and touch and who wish to integrate this approach into their personal and professional lives. This professional training is open to all regardless of age, gender, and origin or background.

### Requirement:

- At least 1 year of dance, movement or bodywork experience and in therapeutic, artistic or self-experience settings, such as contemporary dance, authentic movement, dance therapy, contact improvisation, body-based psychotherapy or psychology, material arts such as aikido, tai chi, yoga and/or bodywork such as Feldenkrais®, Alexander®, Grinberg, Shiatsu or similar.
- Participation in at least 1 open workshop at the Holistic Dance Institute.

### Language:

The Holistic Dance Teachers Training is mainly held in English with possible German translation.

### Certification:

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

- **Participate in all 10 workshops** –if a module is missed, the content can be made up for in another open workshop within the Holistic Dance Institute program, costs for this are to be paid separately.
- **Participate in a Holistic Dance Peer group at least 9 times**, minimum 3 hours each. The peer groups will be defined during the Teachers Training and are self-organized.
- **25 hours of self-organized teaching** of Holistic dance forms. 2 written protocols of these hours (2 pages per protocol).
- **2 Supervisions** with a supervisor of the Holistic Dance Institute (costs are to be paid separately).
- **Moving journal** for the duration of the training program.

Participants can fulfill all requirements for the certificate within a three-year timeframe, after the beginning of the Holistic Dance Teachers Training.

### Outcome

As a certified teacher of Holistic Dance you can:

- Teach Holistic Dance workshops and Single Sessions according to your own assessment and within your own responsibility with the forms offered in the Holistic Dance teachers Training.
- Integrate any of the experiences and teachings into your own method of work or profession.

## **Moving From Within - Introduction Workshop**

Introduction to all forms/methods. Arriving and getting to know each other as a group. Organizational aspects for the whole Teachers Training, such as booklist, protocols, teaching hours and peer-groups. Shared commitments around communication, consent and touch contexts. Moving and dancing from inner impulses and finding creative pathways of expression. Exploring a range of touch qualities in stillness and while moving. Intention clarification for the individual process (self-assessment, process evaluation, goal setting). Beginning of a group ritual.

*Authentic Movement Plus, Improvisation, Somatics & Bodywork, Movement in Touch*

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## **Elements of Dance - Toolbox**

Contemporary dance improvisation as a way of learning specific tools for moving and expressing. We work with the 4 elements of dance: Time, Space, Body and Force. These elements build the craft box of movement experiences and can be a playful, creative and structural support for all dance experiences. We explore these elements in solos, duo, trio and group-scores. We work with different qualities of music/no music and sound for dance. Finding different qualities of relating to each other through space, time and touch. We investigate our individual alignment, internal body image and movement qualities.

*Improvisation, Movement in Touch, Bodywork*

**3**

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

An intensive focusing on Authentic Movement (AM) and its variable structures, allowing to move into the depth of the experience and integrating the unknown. Exploring movements with eyes closed, which focus on the Self, the Other and the Space/Environment/Spirit (intra-, inter- and transpersonal relating). Practicing witnessing and developing a non-judgmental attitude and language. Theoretical jungian background of AM and different applications in the various professional fields. We work with structures such as solo moving, transition times, dyads, tryades and group settings. We learn to give feedback and go into processing through moving, voicing, and drawing.

*Authentic Movement Plus, Bodywork and Improvisation*

**4**

## **Anatomy & Movement in Touch Skills**

An intensive focusing on basic anatomy that is needed to move and be in touch: exploring body-systems, spine, pelvis, shoulders. We incorporate this knowledge into the physical aspects of dancing and the energetic skills of moving in touch. Soft skills such as listening, weight-sharing, centering, reaching are at the focus of Moving in Touch/Contact Improvisation. Exploration and articulation of boundaries, communication, consent and touch contexts help to establish a safe(r) container.

*Movement in Touch/Contact Improvisation, Improvisation, Applied Anatomy & Somatics*

**5**

## **Somatics & Bodywork in Relationship to Dance**

Experiential study of Somatics, applied anatomy and bodywork techniques. Exploration of sensorial, structural, energetic and deep tissue touch and its related movement qualities. Theoretical background of somatic principles, history of Somatics, fascia, basic anatomy of the nervous system and elements of the polyvagal theory.

*Applied Anatomy & Somatics, Bodywork techniques, Authentic Movement Plus, Improvisation, Movement in Touch/Contact Improvisation*

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

Theoretical jungian background of the unconscious, active imagination, shadow and individuation. Elements of visionary cranio-sacral work such as developing channels of perception and anatomical explorations around the cranio-sacral system (cranial bones, sacrum, spine, spinal cord), as well as the chakra system. Integration and deepening of the AM practice through individual processes and group settings. Assessment of the half way point of the training and pedagogy input for teaching.

*Authentic Movement Plus, Bodywork, Improvisation*

**7**

## **Moving in Touch, Improvisational Scores and Performance Qualities**

Deepening our available skills of moving, accessing the elements of dance in solo, duo and group-scores, moving in and out of touch, creating and (re)defining group dynamics during instant compositions. Working with limitations, performance qualities and specific partnering skills. Incorporation of somatic material, internal referencing and emotional relating with the outward expression and inclusion of audience/witness/environment.

*Movement in Touch/Contact Improvisation, Partnering, Authentic Movement Plus, Improvisation*

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## **Unwinding & Process work**

Embodiment practices and pedagogy around processing somatic and emotional content. Deepening our understanding of the role of the holistic dance pedagogue with witnessing qualities and tools to support physical and emotional processes. Unwinding as a creative and visionary cranio-sacral principle, as well as a self-healing practice. Teaching labs with specific topics and teaching examples from participants.

*All the methods, Pedagogy*

**9**

## **Working with different clientele**

Interactive lectures of structures, contexts and application of Holistic Dance pedagogy. Teaching examples with specific points of interests, incorporating all or specifically one of the methods of Holistic Dance from participants. Application to different clientele: people of different professional and social

background, different ages, people with different abilities, specific artistic and therapeutic contexts etc. We share and evaluate our teaching experiences in a supportive environment.

*All the methods, Pedagogy*

**10**

**Dancing in Nature & Celebration Ritual - 6 Day Retreat (Outdoors)**

Exploring our own inner nature within an external space in nature. Deepening our understanding of the applications of Holistic Dance. Experiencing the abundance and wisdom of our bodies: by ourselves, with a partner, with the group, in nature. We will evaluate our process individually and as a group and newly define a goal for yourself as a holistic dance pedagogue (next steps, long term plan). Together we will capture what we have learned and celebrate with a final ritual.

*All the methods, Ecosomatics, Pedagogy*