

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

### **Level of Specialization**

In the Holistic Dance Embodiment 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. With special permission also during the participation of a Teachers Training possible.

### **6 Modules (30 days in total) and 6 Online Reflexion sessions**

Each module can be booked independently and in an individual order. Plus 1 online reflection session approximately 3 hours long, on the Thursday after each module.

It is recommended to complete the Embodiment Training within a three year period, exceptions to be arranged with the Institute.

### Methods

- Holistic Dance
  - Authentic Movement Plus
  - (Integrative) Contact Improvisation

- Contemporary dance improvisation
- Somatics - selected methods
  - Systemic and Integrative Movement Theory
  - Feldenkrais Method
  - Shiatsu, Rolfing, Fascia Massage
  - Release Technology
  - 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
  - Authentic witnessing

## 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
- 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
- Pain and how to deal with it

### 3. Module: Archetypes

- Tracking down archetypes within and expressing them through dance
- Male/female archetypes - known and unknown
- Embodiment instead of acting of archetypes
- Symbols and rituals as archetypal treasure hunt
- Celebrating transitions

### 4. Module: Language

- Body as a holistic instrument of communication
- Language as a source of movement, movement as a source of language
- Voice as a means of expression
- Non-judgmental language in a judgmental world
- Technical literature and its connection to movement practice

### 5. Module: Intimacy

- Closeness to self, others and the environment
- Mindful and playful dealings with boundaries
- Sensuality and sexuality (differentiation and connection) in the context of movement practice
- Relationship and partnership issues in the context of movement practice
- Riding the Tiger - Allowing and integrating wilderness

### 6. Module: Healing

- Embodiment as a life-long process
- Spiral movements of healing
- Collective Consciousness/ Collective Healing
- Anatomy of Transformation
- The dancing path in a conscious body

## **Requirements for a certificate as Holistic Dance Embodiment Teacher\*in**

- Participation in 6 live modules and 6 online reflection sessions
- Write a personal report 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)
- 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.