

BIODANZA

Information Sheet

Welcome! Please take a few unhurried minutes to read (prior to your first session)..

NB If (besides the infos below), you'd also like a chat, please do ask by sending me a text/WhatsApp message on **07985 094590** or just arrive 5–10 minutes early at St Andrews Hall before your first session - That way we won't be total strangers when we get to dance together, and it's your opportunity to confidentially ask me about anything practical or personal that isn't covered below (e.g. are you okay dancing barefoot?..)

Your Information Sheet - Please keep for your record:

The Biodanza system represents a gradual, gentle learning ground. The purpose of every Biodanza session is to support your whole wellbeing, to gently re-awaken resources you may have forgotten, within a group setting. Their basic aims are:

- to help you and your companions remember the natural joy of moving freely and spaciously
- to explore expressing yourself by “moving along to the vibe” ..across varying music genres

All our invitations (exercises) are designed to help bring about ‘Vivencias’ - a Spanish word for ‘a richly lived experience’. These are timeless moments, often arising from music that moves you, when body & mind come together in a timeless spontaneous, felt-sensed way. Even something as simple as walking alongside another person, but feeling truly seen, accepted & welcome can be a real boost (my very 1st Vivencia! a long time ago:).

Every session has a recognisable shape, but each will offer you its unique journey. We do open & close sessions together in a circle - as in ancient dancing traditions, holding hands honours both Unity & each person's Value.

A 90-minute class holds 12 to 15 sequential ‘invitations’ that help you explore your relationship with your body's likes (or dislikes) to moves and/or music on the day; potentially thereby discovering where your limitations and boundaries are (and also where those of the people around you are) ..on the day. The music themes will move from vital/energising rhythms to slower, reflective ones, to bring the group from ‘here ‘n now grounding’ ..to more creative, self-attuning or inventive pieces & by the end, to a more integrative or contained togetherness.

Chatting is discouraged while the music plays - instead, we rely on visual feedback and a growing basic sense-awareness of ourselves & each other, spatially and also energy-wise.

Sessions remain experiential: no performing, no ballet-style technique, no steps to learn. Basic goals in Biodanza is to bring back the sometimes forgotten right to enjoying freedom of movement, and to support personal development.. if you care to.

I'll normally guide you by showing and explaining each exercise; but our Modus Operandi relies on our own ability to self-regulate. It's up to you to adapt & create your own dance, within your limits and idiosyncrasy. Dancing authentically - with all that you are in the moment, with whatever the music evokes - is also a goal.

If you feel unsure at first, you're welcome to simply imitate what I may demonstrate as my dance on the day. Then, if inspired, let your body respond & jump in. Bodies have their own motivation & sometimes one truly expressive move can touch something stuck & let it release; even a breath, a yawn, a sound can attest to it.

Nothing is mandatory. It's always your choice to join an invitation or not, and to explore or adapt it in your own way. If you sit one out, that's completely fine & won't disturb anyone else (just give an OK sign if it's simply a pause to let your body pause & catch up with itself).

It has scientifically been demonstrated that, by allowing our bodies more ease & range of movement, we also develop brain power with more neural connections too.. When movement feels restricted, that's often an invitation to learn something about ourselves? In short: Biodanza gently helps people grow — socially, physically, mentally, and emotionally.

Over time, you'll notice sessions gently build up, and trust in your immediate environment grows through the dancing itself. As you learn to rely more freely on your own creativity, you'll also develop the valuable skill of fluidly finding a healthy balance between the ability to care for yourself & that of tuning-into being attentive to others.

It's also been reported, in Biodanza groups worldwide, that people have grown more able to confidently step away from unsafe situations.. without needing words – simply because some exercises clearly help participants build a more authentic, non-violent body language. Over time participants learn to confidently move with soft, rounded fluid gestures (as in a positive & well-known social context), to a visually clear personal boundary-marker for STOP - whenever some energy-demarcating rebuff is called for.

Over time, I hope you will come to appreciate that your regular group is a supportive & trustworthy space; somewhere where old, early knots can quietly loosen, by allowing them to, as you move alongside others.