

TEACHING CRITERIA :

- Liberation of the diaphragm and breathing synchronization
- Basic structure of biodynamic movement : foundation, grounding, bouncing back - appropriation of the body weight during motion (restoring its natural psychomotricity or “feline body”).
- Energetic structure of body and movement
- Structure of the rhythmic, melodic, integrated movement
- Musical analysis of movement.
- Relationship between body, space and time.

This teaching develops the therapeutic, pedagogic and artistic aspects of biodynamic movement and dance.

COACHING:

- Managing a group during courses, workshops, training courses
- Managing emotions (liberating, channeling, supporting, containing, stimulating, transforming).
- Reading the body in motion.
- Learning various therapeutic approaches to biodynamic movement and dance to repair body structural deficiencies.

ORGANISATION AND COSTS OF THE TRAINING COURSE :

37 days in 2 consecutive years, or 18,5 days per year, that is 6 week-ends and a residential summer course each year.

Basic price : 110 euros per day (plus accommodation)

The teaching is done by Rafael Baile, professional dancer, body psychotherapist and creator of this method.

At the end of the course, the student takes a Practitioner of Biodynamic Movement and Dance Certificate.

CREATIVITY AND INNER EXPERIENCE (FIRST LEVEL)

- Liberating spontaneous movement starting from a primary impulse, triggering it by music or emotion and letting it grow with the biodynamic movement so that external expression fully matches the subtlety of inner experience.

TRAINING COURSE IN BIODYNAMIC MOVEMENT AND DANCE

Biodynamic dance is an organic approach to movement and dance that, by healing blocks and deficiencies in the body, may give us back the agility of the “feline body” whose grace and ease enable us express dance in a universal way.

EXPRESSION AND PERFORMANCE (SECOND LEVEL)

Learning how to

- improvise alone in order to develop your own self expression, in a pair or in a group (to meet the other(s) without losing contact with yourself along with a consistent choreography)
- perform Biodynamic Dance shows with groups of children, teenagers or adults.
- Build up a performance linking choreographic structure to the present moment.

Contact Rafael BAILE to learn more