



New Frontiers

My journey of bringing Biodanza into my life and into corporate organisations in the Czech Republic.

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1. My journey with Biodanza

1.1. Looking for a boyfriend but finding love

I was walking in the streets of Vilnius, Lithuania during our annual reunion weekend with some of my dear friends from the year I lived in London. We were discussing our New Years Eve plans when Urvi mentioned: "I was thinking of going to this festival in Dorset, England. I have never been there before but it seems interesting, come along!" Contemplating a little bit about my other possibilities of going skiing and getting drunk with my friends from university I decided to give it a go and embark on this new adventure. Little did I know that this event is going to significantly change my life...

So there I was celebrating NYE 2008 in Osho Leela in England. I totally loved the festival. There were so many interesting workshops to taste – everything very new to me. I was running in excitement from one workshop to the other secretly hoping to maybe meet the man of my life somewhere along the way. I tried meditations, yoga, tantra and also there was biodanza!

I remember standing in Zorba group room, forming a pair with one nice guy for the next biodanza exercise during my first vivencia. It was opening of the heart exercise. I stood there facing the windows, my face being caressed by the sunshine and I placed my hands on my heart. The guy stood behind me and he was in a role of a supporter. With the first tones of the music my heart started to melt. I was trying to hold it all but I couldn't resist, something stronger than me just took over and with the chorus line „I cried for you“ I cried and cried and cried. Something in me just cracked open and I was into pieces. I felt confused and not knowing what is going on. How come I'm reacting so strongly to one exercise....I went to Niraj to enquire about it and he just said: „No worries, it is designed to stimulate emotions, you don't need to know what was that about. Just go, have a shower and focus on the next present moment, this is a past already.“ So I did as he said. However I was also left with a strong intuitive feeling that this biodanza thing is probably very strong process and I'm curious to explore it further.

Next day I recall having a very strong sexual experience during a vivencia. We were caressing hair in a circle. There was a man – much older than myself – standing behind me. Before we started the exercise I was a bit sceptical about it. However I could not believe what my body was doing when the man behind me touched my hair. The music was so sensual and his touch absolutely divine. I was melting with desire for more and more. I felt so strongly aroused and alive and also shocked!

„How come I'm feeling this with a man who is in the age of my dad?“ Anyways it was another strong proof that this biodanza is probably quite interesting practise to dive deeply into.

Later in another vivencia there were 4 of us standing in a circle. We were asked to caress our hands with love and care. What happend when the music started to play I can probably summarize with a simple sentence – „I felt in love with the whole world.“ I felt so much care, nourishment, I felt in love with the humanity as a whole, I felt so much love everywhere in the room, I felt in peace, I felt like „yes, this is it“. Tears of love were going down my cheeks and I felt happy and sad at the same time. I felt open for love, I felt like love, I felt so much love for the wonderful human beings. People I have hardly known but I felt so connected with them. I opened my eyes and look around in a state of deep wonder and amazement. How is that possible? What world is this? Is that really happening? Everything and everybody was just too beautiful to describe. And then later I thought – how is that possible that there is also so much hatred and stupid battles and wars in the world, how come we can do to each other and to our beautiful planet such nasty things? And what would happen if everybody could for a second or two feel what I felt earlier that day? Would soldiers be able to kill if they felt the beauty, connection and love? Would politicians pursue only their own interest? Would businessman exploit our land for only their profit? Would a mother leave her child? Would a customer shout at the waiter?I suddenly realised the enourmous power that lies within this biodanza practise. I was sure at that moment that this is something I want to do more of. I was confident that I come back home to Czech and I will immediatelly start going regularly to a weekly biodanza class.

So the festival in Osho Leela came to its end. I came there courious, searching for new adventures and maybe for a new boyfriend. I came thirsty for love. I didnt meet the man of my life there but I encountered the deep source of love within myself and in the humanity as a whole. And I knew that Biodanza has entered my being and there is more to come...

1.2. If Mohammed wont come to the mountain, the mountain would come to you

Soon I found out that my idea of going to weekly biodanza class regularly is unlikely to happen. There was no biodanza teacher in the Czech Republic! I felt desparate. Are you serious? No biodanza in Prague? The closest is Vienna? I felt quite dissappointed and at the same time I was

already making plans. „Niraj, if I organise a group of people here would you come to teach to Prague and do a weekend of biodanza?“ I enquired with Niraj and he said YES! Yeahhh!!!

4 months after the NYE festival in Osho Leela I managed to find a venue and put together 18 people who were willing to try for the whole weekend something they have never done before! I guess my enthusiasm about biodanza convinced them to come. I have never organised a self development group like this one before but I was truly excited to learn everything and try my best to make it happen. I really wanted to bring biodanza to my country and mainly I have to admit, I wanted to bring it because of myself. I was hungry for more and thats why I was able to organise it all and make it happen.

The weekend of Biodanza that Niraj delivered in Prague for the first time in May 2009 was special not only because it was the very first one but also because my mum and sister took part in it together with me. I could not wish for anything more beautiful. Especially with my sister we felt a deep loving bond that was growing every time we looked at each other. It was so strong that almost every time our eyes met in loving connection we started to cry tears of love and gratitude. I love my sister more than anything in this world. Even writting this sentences is again bringing back the memories and making me cry at my laptop...One friend of ours called Beyhan also took part in the weekend and felt inspired by what he saw happening between myself and my sister to write a poem about it. I would like to share it with you here:

Just a look (Beyhan Meyrali)

Just a look is enough to understand,
Just a look is enough to tell,
How much I love you,
How happy I am next to you...

Just a look is enough, even if you do not write poems,
Just a look is enough, even if you do not touch,
Just a look, kind, with full of love, with full of hope,
Just a look to understand you...

It is such a link between us,
Even if we don't talk, even words remains unspoken,
Your eyes tell me you from your heart,
The tears are coming down from your cheeks and you smile.

It is such a link between us,
Created over years with love,
Even if you don't say single word,
I understand your love with just a look...

So only few months after I started doing biodanza it had a profound effect on my family. Since my mum and sister participated in a weekend and it has opened us to a much deeper connection among us. And my father even he did not participate, somehow caught the essence from us too. He likes contact and every time I come home to visit he now gives me much longer hugs and we cuddle more.

1.3. Becoming an „Easy jet addict“

Months were passing by and we agreed with Niraj to do another 2 weekends – one in September and another one in December 2009. I was thinking hard how to make biodanza really happen in Prague. Firstly I thought that maybe Niraj can start a biodanza school in Prague. It turned out not to be a good idea since we did not have many people involved. So the next obvious idea was for me perhaps to do the training myself and bring biodanza to Prague. From the very beginning I felt this intense calling towards this practise. People kept telling me that I would be a great biodanza teacher and somehow I also felt „Yes, lets go for it“, I loved the practise and somehow I thought that becoming a biodanza teacher would be a meeting point of my strengths and passion. So indeed I went for it!

I have heard many people said that they did the training for themselves, not really being sure that they would like to be teachers. For me it was different – from the very first weekend I was hoping that I could teach this lovely practise one day. My motivation arising from my first deep encounter with biodanza during the NYE festival in Osho Leela was really strong. I had a strong hope that I can bring this „loving encounter“ to my country.

So there I was at my first Osho Leela Biodanza weekend. It was Sexuality and it was run by Claudia from Italy. I was enchanted! During the theory sessions I was hungry for every word, during vivencias I was total and enjoyed the unlocking of my sensuality and sexuality. I felt alive and at home. Simply put I really loved it! I remember booking my flights immediately for next 3 modules. And so I become a school member of the Dorset School of Biodanza.

I planned all my activities according to the schedule of the school. I felt a deep commitment to really make it happen and within the 3 years I missed only 1 module which I immediately 2 months later made up in Vienna. At first I felt irritated that these weekend trips take me so much

time. I had to fly on Friday morning or sometimes even Thursday evening and leave on Monday afternoon. Door to door it was about 7-10 hours journey. Every month I used 1/4th of my income to pay for it all. (I have to note that I'm endlessly grateful for Niraj and our financial deal that made it all possible for me).

Nevertheless over the time I started to love these trips. I love flying, being in the air – above any reality and reflecting on my life from that perspective. I love sitting at the airports with my nourished and open heart. I remember crying in front of the departure gate at Bristol airport the tears of a deep gratitude. I love travelling on the train and enjoying a cup of tea or coffee and the English country side. I remember my walks of enjoyment from the train station to Osho Leela with my red Samsonite luggage. I remember the quiet mornings on Mondays at Osho Leela. I recall the crazy and unexpected things that happened to me on Sunday evenings... I love this time that I had just to myself and my investment into my future. Times when I was meeting old friends and making new ones, times when I was meeting myself, times when I felt connected to the universe around me.

Every weekend of the school was different and rich in a different sense of meaning. Some weekends I cried and shouted a lot, some weekends I felt at peace and my heart was singing a beautiful symphony. Few weekends were very sensual and erotic, some other I experienced a deep transcendent connection. Mainly I recall the power of the first circle on Friday night when we all met again after a month. Some theory sessions brought me a lot of understanding and some just confused me deeply. Sometimes I felt so frustrated that I can't comprehend the theory fully. I was so hungry to know and understand but it just did not make so much sense. It feels like little pieces of puzzle were put slowly together. And because I started already later in the cycle, I missed some of the basic pieces that would help me have the bigger picture. Nevertheless very slowly and over the time I sometimes have a feeling that I understand more however I have to admit that still from time to time I feel confused. The work of Rolando is so genius and so complex that it indeed takes time for it all to integrate.

1.4. Fluidity and struggle in the change of the cycles

Weekends were passing by and very shortly we got to the methodologies. Niraj said I am ready and so I continued with the first cycle of the Dorset biodanza school into this new adventure. I have to admit that I completely loved all the methodologies. I enjoyed the little baby steps we did in learning how to be a biodanza facilitator. I also very much appreciated the team work and the little

vivencias we did for each other. It was nicely progressive process. Maybe I had advantage of being used to leading groups and presenting in front of people and perhaps my nature is so that I am more ok with being a presenter....I don't know however honestly speaking I did not find the methodologies too difficult. I loved how practical it was and how we were slowly learning the basics. And I found fascinating to learn how to structure a class, how to choose the proper music, how to observe people etc. Everything seems to me so fluid and I loved teaching at Leela with my class mates. Little did I know than that teaching real beginners is a completely different experience.

The difficult part for me came after the methodologies were over. Since I started later in the cycle I still had several weekends to finish and majority of my class mates were finished with the training. My „old friends“ that I have build a strong connection towards were gone and I was supposed to make new connections with people from the new cycle. My feelings were mixed. On one hand I enjoyed that I can have my weekly class and still come back for more inspiration and learning on the other hand I felt a huge gap in my heart. I missed my dear class mates so much. I felt like a suspended student sometimes. Luckily this did not last long because people from the second cycle were really lovely. I quickly build affective connection with them. It was like a different training suddenly. New people, me having already teaching experience and my personal life has also shifted. And I loved it again.

1.5. Weekly dose of learning and bliss

I have never experienced how it is to be a regular member of a biodanza weekly class. Now I was supposed to start teaching one! Well, OK... I started with a lot of enthusiasm and went through a lot of ups and downs...

At first it was necessary to find the right venue. I remember doing a beginners taster class at one dance center. The owner took part as well and very visibly she did not enjoy it. She talked to me afterwards and gave me feedback about my facilitation skills. I felt really judged and unseen. She said that she doesnt see a potential in me as a facilitator, perhaps the method is good but I dont do it well. I was in pieces. I felt so sad that I was not able to do the right transmission of the method, of the teaching itself and I was in a lot of self doubt. However the universe decided to balance this out. At home I found a letter from a friend. I dont receive many hand written letters these days and this one was extremely special. It was a letter full of appraisal, letter of thank you for a biodanza vivencia.

I had to laugh and cry at the same time. It all felt like a big joke from the universe – both poles during one day and in a perfect order.

Finally I found a good enough venue and started marketing for my classes. At first I thought that it will be a piece of cake, however I learned how difficult this actually was to attract people. Since I do tantra as well some of these friends came to support me in the beginning. They said they liked it but didn't stay. I advertised the themes for the evening and sometimes I had only 7 men and 1 woman show up (The theme that evening was „Opening to sensuality“) and so events like this one were over and over again testing my flexibility, patience etc. One evening there was no electricity and quite a lot of people showed up, I didn't want to cancel and so I made it happen with sounds and movement – improvised on the spot. Another time I was planning a more advanced exercise and only beginners came. One Wednesday there were only 2 people and I cried. I canceled the class and danced the vivencia only for myself in the nice dancing hall. I learned not to take personally how many people come. I was asked by the circumstances for more fluidity in myself and in my teaching.

Also I experienced a lot of bliss from starting to teach. One time I felt so overwhelmed by gratitude I knelt down and had to bow to existence for such a great gift. I have seen some people open up and flourish as an effect of the biodanza. Some of them stayed and some have moved on. I am enjoying very much the part of preparation of the vivencia and also delivering it. I feel alive and blessed.

I learned my lesson also regarding the promotion of biodanza. I started with promoting the weekends with Niraj. At first everywhere I go and with whomever I spoke I mentioned biodanza and I was inviting them to come along. It was a lot of „push strategy“. The mistake I did was that I was maybe pushing too much biodanza on my friends. Some of them went after all but many stayed away being scared of this whole system. I couldn't understand why is this, why they simply can't try it and then make the opinion. Why are they judging before trying? Later on I learned that I can't just push it too much on everybody around me. At first I truly believed that Biodanza is for everybody. Now I don't think so any longer. We are at different times at different stages of our development and there are different journeys that we can undertake. Biodanza is one of them. I personally prefer it but that doesn't mean that everybody must love it too. So I stopped actively promoting biodanza among my friends and family. I can gladly explain and invite if they ask but I don't push any more. And this works better I think.

1.6. Gifts I received

Let me summarize the gifts I received thanks to biodanza. I would like to divide them into 5 areas as there are 5 lines of vivencia.

Mainly I feel I have gained a lot of affective connection and expansion with myself and others. I was always quite a sensitive person but now I have a feeling I feel even more. I feel more love, I'm more in touch with myself. I can feel more what is good for me and what is not. I started to appreciate the nature around me. I feel more connected to humanity, I love people and human connection. Also I remember that I actually started my journey because I was looking for a boyfriend. Firstly I found love in myself and around me and yes, maybe also thanks to biodanza I met Peter. 2 hours after our first meeting I delivered a vivencia that he took part in. The sexual desire went over the roof in the vivencia and was nicely followed by a beautiful start of our connection. In this relationship I feel at home, accepted and loved. I'm blessed that I'm now living in a relationship that I have always dreamed of.

Thanks to the vitality line I developed the capacity to self regulate. I can be more still and relaxed. I have experienced fully my power. I felt so strong that I can do anything I desire. Some of my instincts woke up. I know I'm able to kill if necessary, I have tested that energy. Also my maternity instincts woke up during one vivencia and I started to build my nest.

Sexually I feel more alive and awake. I experience more pleasure in my life than ever before. Partially it is connected with my partner but partially it is about me enjoying the pleasures of life in general.

Since university I have been trying to create my own life. Thanks to biodanza I learned to gain more fluidity in my creations. Many new ideas and projects have started to appear as I'm walking this path. I started to organize Tantra workshops of Sarita in Czech Republic, I'm organizing a festival of tantra and biodanza called Celebration of Life. I started to integrate biodanza into my work with corporate organisations.

Transcendence line is opening me more to the mysteries of life. I discovered my thirst for Sacredness and God. I became fascinated by the godliness of my own body and the life as such. I learned to surrender to life and hopefully gained some balance between pushing with determination and letting go. In a way I stepped beyond my daily perception of life and expanded my vision to what life might be.

My Life is so much richer thanks to biodanza. New friends, new perceptions, gratitude, love and mainly new possibilities. It feels like never ending journey. Biodanza has given me not only a new book of life to write into but also colourful crayons to draw with. Thank you, Rolando! Thank you, Niraj! Thank you, Anet...

2. My understanding of Biodanza system

Once I started organising weekend workshops of biodanza with Niraj in Prague I started to be curious how can I communicate what biodanza is. Niraj usually told people various things and than he suggested them to just come and try and see. I personally found it very hard to explain what it is. Since then I walked a long way with practising biodanza and listening to many lectures on the theory. In this chapter my aim is to summarize the basic elements of biodanza. I will be talking about definition of biodanza, vivencia, biocentric principle, vital unconscious, lines of vivencia and also very briefly I will mention the theoretical model. Please note that this chapter is definatelly not an complete overview of the system just a basic explanation. As a base for this chapter I used biodanza school booklets, my notes from various lectures and my own comprehension of the terms.

2.1. Definition of biodanza

Firstly let's have a look at the definition of biodanza. On IBF website (www.biodanza.org) everybody can find following definition:

Biodanza is a human integration system of organic renewal, of affective re-education, and of re-learning of the life original functions. Its application consists in leading vivencias through music, singing, movements and group encounter situations.

For a good comprehension it's explained here below the meaning of terms often employed in Biodanza.

HUMAN INTEGRATION

The Biodanza integration process is carried out through the stimulation of primordial functions connected to life that allows every single person to be integrated with himself, with species and universe.

ORGANIC RENEWAL

It's the practice that aims to the organic self-regulation, mainly made by special conditions of trance. They activate cells reparation and global regulation of biological function processes, reducing stress and disorganization factors.

AFFECTIVE RE-EDUCATION

It's the ability to set relationships with other people.

RE-LEARNING OF LIFE ORIGINAL FUNCTIONS

Learn to live starting from the instincts. The instinct is a inborn hereditary behaviour, that doesn't need to be learnt and it shows itself through specific stimuli whose aim is to preserve life and allow its evolution. Instincts represent nature in ourselves and being sensitive to them means to set a contact between nature and culture.

INTEGRATIVE VIVENCIAS

It's an experience led with a great intensity in terms of here and now and with ontological quality (it is projected on the whole existence). Vivencias in Biodanza are integrative because they have a harmonizing effect. Vivencias in Biodanza is addressed to stimuli of vitality, sexuality, creativity, affectivity and transcendence potentials which are called lines of Vivencia.

Source: IBF website, www.biodanza.org

Biodanza is fusion of art, science and love. Rolando Toro developed this system in the 60s in Latin America. He said: „I felt a desire to conquer a paradise, a shared paradise, I wanted to find the source of original love.“ Rolando also felt that love must include a corporal, active dimension:caressing. He felt the possibility of pure contact with living reality , through movement, fluidity and the transparencies revealed by feelings. Since music was the universal language and dance was the ideal form capable of integrating body and soul a system called biodanza was born, where music-movement-emotion formed a perfect unity.

There was a long way to name the system „biodanza“ – eg. at first it was called a psycho-dance. The prefix „bio“ comes from the terms „bios“ which means „life“. The word „danza“ in its French form means „integrated movement full of meaning“ .

Personally, I say that biodanza is a way how to bring more joy and love into your life through being yourself. It is a system that is re-educating us on how to be fully human again and how to naturally connect with ourselves, with each other and with the universe.

2.2. Vivencia

So called „vivencia“ is the base of the biodanza system. „Vivencia is an experienced lived with great intensity by an individual in the „here-now“ that produces emotional, kinaesthetic and visceral effects. The vivencia is the intense sensation of living here and now.“ (Rolando Toro). This means that

vivencias generate emotions and they are accompanied by kinaesthetic sensations (pleasure, happiness, well-being...) The objective of biodanza is to activate deep harmonising vivencias through dance and communication exercises in groups.

Simply put biodanza exercises produces vivencias which stimulate the expression of human potential. If this happens repeatedly participants of biodanza will eventually reorganise their responses to life. In other words – they start experiencing positive changes in how they live their lives.

In biodanza it is important not to interpret vivencias that we lived during a class, which makes biodanza radically different from therapy that gives priority to conscious awareness and language.

2.3. Biocentric principle

Intuition, around which biodanza is organised, is conceptually formulated in the „Biocentric Principle“. RT said that universe exists because life exists – not the other way around. Everything in the universe it a component of a larger living system. The biocentric principle is a paradigm that places life in the center of everything. Hopefully sciences of the future will be based around this paradigm. Rolando Toro wants us to act in a social context and respecting life when encountering life. Toro did not refer to God, life within itself is sanctuary and begger as well as saint Mary are sacred. Life is to be protected and to be respected and valued. Rolando shows how often we do not value life in our everyday reality and we cling to things that are dead rather than establishing a true connection with fellow humans and life as such.

We can see that biodanza is a tool that helps us to live our lives in a more biocentric way. It is inspired by general principles of living and not by a priori ideas or dogmas.

2.4. The vital unconscious

Following on the work of Freud who described the personal uncouscious and Jung, author of the term collective uncouscious, Rolando Toro proposes the existence of so called vital uncouscious. It is the psyche of the cells, tissues and organs. They have memory, defence systems, affinity and rejection, solidarity among themselves and rich form of communication. Vivencia is the direct access to the vital uncouscious. This can lead to a reawakening of the inherent pathway of well being

within a person. Eg. I personally started to eat more healthier as I have been practising biodanza. I eat meat only occasionally and I felt in love with fruit and vegetable dishes. Also, our desire to live comes from the cellular psyche not only from either conceptual thought or the conscious will.

2.5. Lines of vivencia

Vivencias can be classified in 5 large groups of human potentials. The exercises in biodanza are organised to stimulate a specific types of vivencia. The goal is to integrate all of those five lines into our lives. By integration we mean the maximum expression of our genetic potential in 5 lines. From the moment we were conceived these lines express themselves out of the genetic potential. These potentials then in our lives meet factors from the environment (we call them ECO factors in biodanza). Some of these ECO factors are helping and some are inhibiting expression of our potential.

Line of vitality

We are developing the line of vitality through dances and exercises that stimulate the autonomous nervous system (sympathetic-parasympathetic), homeostasis (internal equilibrium that is conserved in spite of external changes) and the instinct of conservation (fight or flight) , and the energy for action and immune resistance.

Line of vitality is about stimulating our connection to life and our will to live. The quality of life that comes with the deep personal bond with Life as such. Vitality is about having a good level of health and also enough energy for action. It is closely connected with our instincts and the ability to feel the potency of them. Not to forget by stimulating the line of vitality we also work with our capacity of self-regulation and ability to rest.

Line of sexuality

In the line of sexuality we use exercises that stimulate movements and sensations related to eroticism, sexual identity and the function of orgasm. These exercises allow the awakening of the sources of desire and the overcoming of sexual repression.

Full integration of the line of sexuality is connected to our capacity to feel pleasure in life. In biodanza we are reinforcing our sensitivity to find ways leading to pleasures. It is important to enjoy pleasures of life regardless if they are large or small. In a sexual vivencia class the participants firstly overcome the inhibition and lose fear of contact, then conquer a fear of entering into intimacy and get in touch with their own body. In a class they also develop a capacity to give pleasure and discover their own

sexual identity. People become more open and available to erotic experiences and there is overall development of sexual capacity.

Line of affectivity

In the line of affectivity we include ceremonies of encounter, rituals of connection, and dances of solidarity and affectivity. They allow an affective re-education and access to friendship and love.

Line of affectivity deals with the capacity to establish fulfilling relationship with our human environment. With the human in me and human in you. The capacity to be sincere in giving, receiving, offering, asking, refusing. The capacity to say sincerely YES or NO without rejecting. It is about the inner intelligence being in relationship with fellow beings.

Line of creativity

Within this line we use exercises that stimulate the impulses of expression and innovation, the capacity to create dances and existential and artistic creativity.

Line of creativity is about the capacity to create our own lives with our own inputs and insights. It is not just about stimulating an artistic capacity. Every moment is an act of creation and we are the creators. Line of creativity is nourished by the freedom to try, learn, make mistakes and take initiative.

Line of transcendence

Dances in nature, exercises in water and dances of the four elements link students of biodanza with universal harmony, awakening the ecological attitude and access to cosmic consciousness.

Integrated line of transcendence is about our capacity to be in harmony with the world and capacity to be large and expanded in the life as a whole. And in this web of life we have a feeling that we are at the right place.

2.6. Theoretical model

Rolando Toro proposes a theoretical model of how life organises itself. The evolution of the model took place during 1968 – 2009 and is based on the sciences of life (biology, physics, astronomy...)

He built the first model indicating 2 polarities, each pointing to the states of consciousness: consciousness of oneself associated with feeling of clear body limits, when I have clear perception of

myself and the other and on the other polarity I have a feeling of no limits, which is a state of regression and fusion.

Than Toro identified subgroups of human kind potential, which are not separate. These lines are vitality, sexuality, creativity, affectivity and transcendence. From the moment we were conceived these lines express themselves out of the genetic potential. These potentials then in our lives meet factors from the environment (we call them ECO factors in biodanza). Some of these ECO factors are helping and some are inhibiting expression of our potential.

There is a vertical axis called „ontogenesis“ , which is the creation of the self. We are in constant process of self creation. RT wanted to connect the 5 lines to the global evolution - how human species come from the tree of evolution. He put „filogenesis“ in the model which is a creation of the different species in the tree of life.

Before filogenesis he put in the model the principle of chaos (undifferentiated possibilities of life) – the original soup – all the possibilities are there but the structures are not stable enough to enable the emergence of stable structures such as cell, organisms etc.

The more we move away from the eye of the chaos the less chaos there is. The structures can stabilise themselves and new forms of life can come. The impellent power of chaos to organise itself is life. Therefore life is not a prудuct of a big bang. It is what pushes the old dynamic to organise itself. Principles of cosmic life are pushing chaos to organise himself . Every individual is the whole life exposed to the same principles.

3. Biodanza in corporate organisations in the Czech Republic

3.1. Introduction

Last 5 years I have been working as a soft skills trainer and facilitator. I teach communication, presentation skills, personal typology, stress management workshops etc in corporate organisations in the Czech Republic. In some of the larger corporations I see the tendency to look for new types of training programmes since they practical tried everything that is there on the market already. So very naturally I came to the idea that I would like to introduce biodanza in these organisations. I found out that there is an extension of biodanza in organisations and I took part in it in France. Meanwhile I was doing little baby steps to try to integrate vivencias in some of my current programmes. In this part of my monography I would like to share my experience of bringing biodanza

into corporate sector with the aim to help others to avoid some mistakes I did and also maybe be inspired about what is possible to do with business people. Since I'm a student under supervision and these are just my first steps with biodanza in organisations I don't want to impose any fixed ideas about what is right or wrong. I prefer simply to share my experience and feelings about it, some reflections and maybe also some words from the participants.

Firstly I would like to bring up some of the key points we discussed at the biodanza extension. Of course I would highly recommend to everyone interested to do the extensions since this is really just my point of view and my understanding. Then I will describe the 6 vivencias I did in 7 different companies and finally I will summarize my key learnings and recommendations about biodanza in organisations. In the appendix you can find one promotional material I used and also some references from the participants.

3.2. Extension with Liliana

In May 2012 I took part in the biodanza extension – The Biocentric System For Organisations in France with Liliana Santos Viotti from Brazil. It was really enriching experience and it has broadened my perspective on what can we do with organisations.

At first I thought that bringing biodanza into organisations is about doing vivencias there – however at the extension I realised that it could as well be about bringing the whole biocentric principle into organisations. There can be at least 4 types of interventions: 1. Organisational modification by means of biocentric system for organisations 2. Organisational development through specific projects (eg. stress management courses – see my examples below) 3. Punctual interventions in the organisation and internal biodanza groups open to volunteer adhesion. 4. Run Biodanza class – mostly only when organisations asks for it. (eg. the teambuilding vivencia that I am describing below)

What I personally found challenging is how to actually introduce biocentric principle into organisations. I have heard that there might be some organisation in Belgium who is working on this however I don't have any further information on this subject.

I would like to include here few words from the powerpoint on biocentric principle that Liliana shared with us just to remind us what biocentric principle is.

Biocentric principle

- A new paradigm towards our conception of the universe .

- Based on the theories of Margulin, Wheeler, Capra, Maturana, Varela and other researchers, Toro proposes a wider conception of life recognizing that the whole universe organises itself according to creation, preservation and life propagation.
- The Biocentric principle has as a starting point the *vivencia* of a universe organising itself according to life. Future human sciences will be able to ground themselves on this paradigm and take into account the sacredness of life as a ground principle for all the disciplines and the human behaviors.

During this extension I realised that I can try to make my current training programmes more biocentric and that is what I tried in the Alchemy of Life programme that I'm describing below.

In the programme suggested by Lilianna the first main step is a group integration. It is very important. People usually don't know each other even if they work together. So we need to set up a climate of confidence, safeness, security! Group climate prepares them to work together in more intimate way. It is important that they feel safe. In the extension we learned several new group integration exercises that are suitable for this cause. Some of them I implemented in the Alchemy of Life programme I ran in Cabot company.

And of course it is extremely important to adjust to their environment – with our language but also with our clothes and appearance. Our enunciations need to be closely linked to the themes we are working with.

I believe that this extension is really a fundamental basics for anybody who would like to do biodanza in organisations. However do not expect that you learn everything there. I was indeed missing several elements but what is helping that I have created my own network of english speaking people who took part in this extension and we keep in touch and share our progress, success and failures in this pioneering work.

3.3. Vivencias in corporate organisations

3.3.1. Stress management training

The easiest way how to integrate biodanza into my work with organisations was to simply include a *vivencia* into my current training programmes. I started with the stress management training. This training course is aimed to help people become aware of their level of stress and how to prevent

stress. We discuss and also experience variety of techniques how to reduce stress. It is a 1 or 2 days programme.

Who were the participants?

I delivered this programme once in a big bank (Česká spořitelna – part of Erste financial group) The participants were from various positions from the bank. Some of them working on a local branch, some from the headquarters. Majority of them did not know each other before. They choose to attend this programme because it was part of the menu of training courses that they can go to. There were 8 women and 2 men.

Then I delivered this course 3 times in a automobile manufacture company – TPCA (Toyota Peugeot Citroen Automobile) to its employes. Again the participants were from different departments (finance, back office, foremen...) however this time it was gender balanced. The numbers varied from 8-14 people.

How did I integrate biodanza or biocentric principle?

I delivered a 1 hour beginners vivencia towards the end of the programme in the afternoon. It was a very simple beginners class. In the bank I started with a circle then I learned it is not a good idea so I didn't repeat the mistake at TPCA. This is a vivencia I delivered during one of the sessions at TPCA:

	Exercise	Music
1.	Walk	I want to break free/Queen
2.	Rhythmic coordination	Todo Menina Baiana/G.Gil
3.	Segm of head	If/Pink Floyd
4.	Segm of chest	Be Here Now/G.Harrison
5.	Segm of pelvis	Muito/C.Veloso
6.	Clapping game	The More I See You/Chris Montez
7.	Air dance	Coppelia
8.	Breathing dance	Ete d'amour/Zamfir
9.	Angel guide	Largo (violin)/vivaldi
10.	Caress of hands in 5s	Claire de Lune/Debussy
11.	Swaying circle	Little girl blue/Nina Simone
12.	Activation circle	Here comes the sun/Beatles

The vivencias were similar however a little bit adjusted to the group. Sometimes I did integration of 3 centers dance after the 3 segmentary exercises, sometimes I included encounters after the swaying circle. Sometimes I didnt do the caress of hands and I did integrative elasticity exercise. The vivencias also changed as per my enunciations. I always tried to link all the exercices to the themes of the workshop and key messages that I wanted to pass on – eg. before Angel guide I talked about the ability to let go, surrender, be guided, relax and not being in control all the time and also about the trust in the workplace among colleagues.

What was the result? What was my learning?

In the bank one of the participants decided to come for a weekend workshop with Niraj after she experienced this vivencia. Shortly afterward she terminated her job and wrote us a big thank you reference letter (unfortunatelly it is in Czech language only). However I guess this is not a story you would like to tell managers in corporations 😊

At TPCA the whole training was a big success. Originally there was only 1 workshop planned but after the feedback from the group they budgeted for 2 more training sessions. The vivencia was usually mentioned at the feedback forms as one of the strongest and most important exercises. I remember one women who was quite closed and in opposition the whole 2 days. After the vivencia she approached me with tears in her eyes and she thanked me that she finally realised that she is taking life and herself too seriously. Also I received a letter from a women who said she had problems in her relationship and thanks to the workshop she found couradge to open it up and talk about it with her partner.

During this first experience I mainly find the confirmation that it is possible to run vivencias in corporations. I found out that starting with a circle is too intimate for some people and it might be better to start with walking. I also appreciate having spend quite some time with the group before the actuall vivencia. It helped to build the trust and they could more easily dive into the experience. I personally found this 90 minutes of vivencia more benefitial to the group than the whole training but I guess because it was there the vivencia could be stronger. However Im also questioning how it would be to actually start with a vivencia? Maybe the whole training would have completely different depth and energy – we could dive deeper quicker. I also liked linking of the exercises to our main messages of the training. It is working very well and makes your messages last.

3.3.2. Teambuilding vivencia – S.O.S. International

In October 2011 I was suddenly given a great opportunity. One of our clients asked us to organise a teambuilding event for their 80ppl staff. Our sales manager enquired with me whether I would be able to do biodanza event with them. They needed something new and connecting. Without having any previous experience I boldly said yes. I was already a student under supervision and I thought that if I consult the vivencia with several experienced teachers I might manage it well. So we sold the proposal to the company – my colleagues were doing a 2 days teambuilding programme for them and I was supposed to come and deliver a 90-120 minutes vivencia with them in the evening of Day 1. The company is called S.O.S. international and it is a call center for various airlines.

Who were the participants?

I had 80 ppl, mixture of gender and also nationalities – I delivered the vivencia in English. Most of the people were younger – eg. 20-35 years old. Majority of them were call center operators.

How did I integrate biodanza or biocentric principle?

I had 90 minutes with the whole group. It was right after dinner. I delivered a following vivencia with the enunciations linked to the business environment.

1.	Circle with changes	So bashiha/Dhajan
2.	Walk	Another one bites the dust/Queen
3.	Rhythmic coordination in 2s, 3s, 4s...	Reggae nights/Jimmy Cliff
4.	Circles of transformation	Cuadrilha de Samsonville
5.	Clapping game	The more I see you/Chris Montez
6.	Touching body parts game	Maculele/N.Veloso
7.	Liberation of movement	Satisfaction/Edson Cordeiro
8.	Breathing dance	Ete d'amour/Zamfir
9.	Chinese fan	Athair ar Neamh/Enya
10.	Swaying circle	Agua de Tus Pupilas/Uixa
11.	Encounters	Thank you/Bliss
12.	Activation circle	Volare/Gipsy King

What was the result? What was my learning?

I guess if you are a biodanza teacher or a student under-supervision reading this maybe you already realise what could be the learning after this experience – what are the mistakes I did?

Well, right after the vivencia I wrote a reflection for my fellow biodanza students – so it is very authentic and it captures some of my emotions as well. Here it is:

Personal reflection – October 2011

In October 2011 I had a chance to lead a Biodanza session in a corporate organisation. My session was part of their teambuilding programme. Around 80 ppl were taking part. I would like to share my main observations, feelings and recommendations for the future improvement.

The venue

In my opinion venue is one of the main keys to success. My dancing hall was directly connected to the restaurant which caused a lot of troubles. When people did not want to take part in some exercise, they went to sit down at their table, started to drink their beer and never came back. Also it was not possible to make them be quiet, so the rest of the group was really disturbed by the noise. I recommend to always check this with the event organiser. I was told that we would have a large enough space and that some tables would be put aside. (they actually weren't because people just had a dinner there before my event took place). It was a big mistake that I did not see the place before.

Building a rapport

It's good to build a rapport with the people. If we do it as a part of a teambuilding programme, I would like to be there so that they know me a little bit and I also know them.

Gently, slowly!!! – even 5 times less than you feel is the right basic level might be the proper level!!!

Major problem was the intimacy of the exercises. Even though I consulted it with 4-5 biodanza teachers or students under-supervision (including Niraj), it was still TOO MUCH for them. The first active part was fun and ok – even though already there some people left (eg. For a clapping game!!!). Liberation of movement was already getting difficult. Breathing dance was a problem. They were not able to close their eyes! I realised even more the big difference between the corporate group and a regular weekly class. I did already experience some of that before but not in such abundance like this time. It was a very challenging experience. I should have maybe just moved to a swaying circle and finished the regression part there, but I somehow tried to continue and I did a Chinese fan as planned. It was the biggest problem. After explanation of that exercise majority of the

people went to sit down. So I was left with around 20 (luckily including the CEO and HR ppl), the rest of the people were drinking beer and chatting in a distance. So chinese fan was a problem this time. The swaying circle afterwards however worked amazingly well...there at that little moment it was happening! For those 20 ppl it worked and for a split of a second I believe they got it...and I was very close to tears to see that...however because it was supposed to be a teambuilding for the whole team, biodanza did not fulfill these objectives because so many people went to sit down and just looked at us.

Emotional support

This vivencia was by far the biggest challenge I faced in Biodanza teaching so far. I was trying to get someone to help me as Gita suggested but it was not possible. So I was on my own. I really need to say that I believe I did a really good job under all these circumstances mentioned above. I believe I gave the best out of me, with very beautiful enunciations linked to the business environment and all that...but it was just not the right time and place for some of the people...I realised how big challenge it was only when I was out of that situation. I left after the vivencia, I drove to our biodanza weekend venue....and there...once I entered the room...I saw my boyfriend and Niraj...and I started to tell them the story of the evening...and as I was telling the story an enormous pain landed on me...it seemed like it was all the pain of those corporate people...I really did not understand what was happening...but it was simply very very huge...and I cried and cried and cried for maybe an hour...I was so glad that Niraj and Peter were there to hold me...I feel so grateful to share this environment with my closest...I feel so lucky because not everybody in this world has this..so much love that we are longing for...even in a corporate sector...I felt so sad for that stiffness and inability to relax, to have fun, to be yourself, to enjoy...sorry for the neediness to play the games, hide in our roles, pretend...just because we think there is no other way..and actually it might be true that this is completely fine for all these corporate people. But I could not watch it like this...I felt that I made a difference that day for those 20 who stayed...those 20 for a split of a second felt something beautiful! And for that effort it was all worth it! And it is worth it even more!!! I feel I need to and want to do more of Biodanza in organisations. I would like to help them find their organisations heart and life...these organisations have too big influence on our lives that we can't afford just to miss this opportunity. I believe that top managers need to have their hearts open, they need to LOVE! They need to love themselves, love people, love the planet otherwise we are screwed! The positive aspect is...that Biodanza really does have a power to do this and I would be glad to facilitate this space in organisations because it is touching my heart very deeply!

3.3.3. Teambuilding vivencia – Develor

In the training organisation I work for – DEVELOR we organise twice a year a conference where we share our know how, develop further as an organisation, discuss new trends and strategies etc. Since we are small company everybody knew about my Biodanza training and passion. I talked a lot about it. And it took me some time to convince them that perhaps I can do for our team a teambuilding vivencia during one of our conferences. So finally they agreed and we did it!

Who were the participants?

There were 12 people taking part in the vivencia. I did it on a voluntary bases – 2 people from our team decided not to join – the rest did join. Our manager was there as well as the sales manager, then our senior trainers and other trainers, back office people. Mix gender, majority are aged 30-40 and 2 older women (50-60).

How did I integrate biodanza or biocentric principle?

I had 90 minutes for the vivencia. It was delivered in the afternoon of DAY 2 of the conference.

1.	Circle with changes	So bashiha/Dhajan
2.	Walk	Another one bites the dust/Queen
3.	Rhythmic coordination in 2s, 3s, 4s...	Reggae nights/Jimmy Cliff
4.	Clapping game	The more I see you/Chris Montez
5.	Rhythmic synchronicity	Toda Menina Baina/G.Gil
6.	Touching body parts game	Maculele/N.Veloso
7.	Liberation of movement	Satisfaction/Edson Cordeiro
8.	Breathing dance	Ete d'amour/Zamfir
9.	Segmentation of chest	Be here now/G.Harrison
10.	Caress of hands in 5s	Claire de Lune/Debussy
11.	Swaying circle	Agua de Tus Pupilas/Uixa
12.	Encounters	Thank you/Bliss
13.	Activation circle	Volare/Gipsy King

What was the result? What was my learning?

Before delivering this vivencia I had very strong feelings. I was quite anxious – because this time it was my organisation not anybody foreign but I guess after all this was the best experience. I was feeling really excited in the beginning and also a little bit scared.

I learned that it is very good to tell people NOT to speak, otherwise there is a lot of defense mechanisms going on – laughing, joking etc. because I'm taking them outside of their comfort zone.

My colleagues reported to me that they were scared in the beginning but in the end they were really positively surprised. I personally feel that something very strong and bonding has happened for this team especially during the swaying circle. People got connected. Following this vivencia we had a session about our common vision and the vivencia was just a perfect preparation for it.

One woman said that when we did the swaying circle she saw a stream of white light descending on us and we received blessings as a company.

I did encounters with hugging which worked really well because people in Develor are already quite close and they are friends. So this type of encounter was very suitable. I enunciated it as a gratitude encounter and this was especially lovely.

As a result of this vivencia I could deliver 4 more vivencias in our DEVELOR regional conferences. All of them worked really well. One was on a theme of „Personal leadership“ – some people reported that this was the best experience from the whole conference. Managing director from Develor in Hungary was deeply touched by the programme and even offered it few times to some of his clients. One time it almost looked like that one FMCG company in Poland would be interested to have a vivencia in their annual gathering however in the end it did not happen. For me however it was a great proof that I should continue with introducing biodanza in my company. Another vivencia at the regional conference that I did was on „Creativity“ – I included games and exercises to loosen and move the body – be creative in our movement and I made them draw a leaf before and after the vivencia. This one worked ok however for some people it was already too much and I personally also felt very exhausted afterwards from trying to hold the group together. Third vivencia was part of the emotional intelligence train the trainer event and it was very lovely and very deep. And the last one was on the theme of „Perseverance and letting go“ which was connected to some of the key messages of the conference and again I believe it worked very well. Our CEO took part in this one. And I was pleased to see his softening in his final speech at the regional conference right after the vivencia. He was much more talking about people and our connections – not just about results. I felt quite touched by this change.

My learning from these experience is that I would recommend everybody to start with their own organisation – somewhere where you already work and people know you. Most likely they trust you too and could be able to give it a go. It was the scariest but also the most rewarding experience for me. I believe that biodanza had a strong influence on how we now relate to each other at Develor. There is more heart in our connections. We play more. Some barriers dissapeared. And that is all very lovely to see...

3.3.4. Alchemy of Life programme – Cabot

After finishing the extension with Liliana I was inspired to try to make some of my training programmes more biocentric. I have designed my own programme which I named „**Alchemy of Life – practical guide to increase personal happiness**“. The aim of this self development programme is to guide participants to find their own sources of happiness and experience various techniques to feel happier and more content in their life.

This programme was offered to some of our clients and I was glad that some of them did indeed buy it for their employees. Currently some corporations are looking for programmes to engage their people more, they realize that the normal soft skills training is not enough that they need to search for some other programmes to improve a good health (both physical and also psychological) of their employes. They realize that actually a happy employee means better productivity and therefore higher profits for their businesses. But of course there is also a threath that people would leave their current job as a result of some deep transformation that might happen during such course. Usually they call these type of workshops work-life balance programmes.

Who were the participants?

I delivered this 2 days programme 3 times in one medium sized company called Cabot. This company produces soot as a main ingredience into tyres etc. I usually had 8-12 people in a group and again it was a mixture of gender,age and departments. The very first group was just a finance department of the company and other two groups were mixed.

How did I integrate biodanza or biocentric principle?

In this programme I was probably experimenting the most with delivering the workshop in biocentric way.

Firstly I sent participants a very nice intro letter where I described the nature of the workshop and also set the tone for the relaxed and open atmosphere. I asked them to wear comfortable clothes

and also to expect that it will be more experiential, we will be moving around, sitting on the floor sometimes, we might take our shoes off etc. I believe that this personal letter was very good beginning of the programme. We normally send only an official invitation with the location, agenda of the training etc.

I have included into the programme a 2 biocentric exercises that I learned at the extension with Lilianna. First one is called „The nest“ and it connects people with their lives and how are they taking care of life when making a nest in the nature for an egg – a representation of life. The other one is a group integration exercise – I call it a life matrix – basically people fill in 4 areas – what they like and they also do in their lives, what they like but they don't do, what they don't like but they do and what they don't like and they don't do.

I ran several short vivencias during the two days programme. I combined some of the exercises which are more about “thinking about lives” and some vivencial exercises that allowed them to “feel their life”.

I ran the debriefing of the exercises in the way that Lilianna suggested – firstly asking about a feeling they experienced during the exercise (one word only) – *What did you feel?* , then asking *What did you understand?* and then *Which connection to your own life did you make?*

Unfortunately I did not implement the introduction of the biocentric principle as such.

What was the result? What was my learning?

My personal evaluation would be that all of the 3 workshops went really well and made at least a little bit of difference to the participants. Several of them were really touched and thanked me for various things – for some it was more challenging but still beneficial. Some of the comments from the participants you can read in the appendix.

Mostly I learned to bring my own creativity to the programme more and to play with the possibilities more. Eg. I realised that if I just start with the Nest exercise as Lilianna suggested it doesn't work for this group. Even I did the introduction with the story of „Care“ (for details about the exercise please take part in the extension) as Lilianna told us - I still did not find it that deep and suitable for the very beginning of the course. It was taking them too quickly from their comfort zone. Even sitting on the chairs without a table was too much for the beginning for some of them. So later I just created 2 spaces in the group room – one with the chairs and tables in the U-shape (as they are used to from different training courses) and another one on the ground with mattresses or blankets. So I made it all a little bit more progressive. The second time we started indoors with some of the integrations

exercises, full introduction into the programme and later before lunch I did the Nest exercise. And again it did not work completely well because as I found out later the participants were really hungry already. They normally have lunch at 11am and I made them wait until 1pm. So again they could not dive deeper into the exercise. So finally third time I did this programme I ran this Nest exercise sooner and also before it I included few exercises to get people more in their bodies rather than heads. Simply I just did walking exercise, one game and some segmentation exercise. And finally it worked much better!

Also somehow I myself did relax more into the programme and find myself in much more flow. I felt more integrated in my body than speaking just from my head and I was connecting with the participants deeper. Sometimes I did not know what to do next but then it came suddenly in the moment and it turned out to be the best thing for that moment.

As already mentioned before it is extremely important to „speak their language“. One particular example is that I stopped using the term „biodanza“ during the first introductions. I usually say that we will be doing „activities based on the biocentric education or principle“ – this works better because they don't get scared by the word „dance“. Also the word „bio“ has a little bit negative connotations – people tend to associate that with „bio-products“ – that is how we call organic products in Czech. Unfortunately there has been some problems in this market of bio-products – some media revealed that actually some producers claiming to have organic products (therefore much more expensive ones) are actually cheaters and it is not „bio“ at all.

Mainly I have to say that I'm starting to believe that you can do any kind of practise, exercise etc. in corporate organisations as long as you know how to speak about it well in their language.

I ran a survey 3 months after the Alchemy of life and Emotional intelligence programme in Cabot company. Results of this survey can be found in the appendix.

3.3.5. Emotional intelligence programme – Cabot

Similarly to the stress management programme I also felt that a good integration for a vivencia of biodanza could happen in the emotional intelligence training course. Quite recently my colleagues at Develor Intenational were developing this new training course. The courseware designer was mainly struggling with finding the right exercises for the practical part of the training. I immediately knew that including biodanza would work very well. I then took the challenge of delivering some of these new courses. The first client was a soot manufacturing Company – Cabot.

Who were the participants?

It was a 2 day training programme open to anyone interested within the company. There were 10 participants, 8 women and 2 men, mixed professions. Two of them took already part in the Alchemy of Life programme and therefore were already familiar with Biodanza.

How did I integrate biodanza or biocentric principle?

I delivered a 1 hour vivencia after lunch on Day 2 of the course. The aim of the vivencia was simply to feel good, observe and feel my emotions and perhaps feel the connection between the participants as human beings rather than only colleagues.

1.	Segmentation of head	If/Pink Floyd
2.	Segmentation of chest	Be here now/George Harrison
3.	Segmentation of pelvis	Muito/C.Veloso
4.	Integration of 3 centers	Down in Belgorod/Paul Winter
5.	Animation of movement	Carnaval de Sao Vicente/C.Evora
6.	Rhythmic synchronicity	Toda Menina Baina/G.Gil
7.	Walk	Dont worry be happy/B.McFerrin
8.	??? apologies, I dont remember ☹	Fascinacio/Elis Regina
9.	GP intimacy	Orfeo and Euridice/T.Van Leer
10.	??? apologies, I dont remember ☹	Cavatina/Stanley Myers
11.	Concentric circle of eyes	Unchained Melody/Marie Jared
12.	Swaying circle	Uri/Noa
13.	Activation circle	Dale alegria a mi corazon/M. Sosa

What was the result? What was my learning?

The vivencia worked quite well I believe. One women reported that she found it difficult to relax because her boss was there. On the other hand she appreciated that she could meet him in a completely different context. I ran a survey 3 months after this programme and the Alchemy of life programme. Results of this survey can be found in the appendix.

3.3.6 Vivencia for 1000 people at a business conference

Very recently (May 2013) I had a marvelous opportunity to introduce biodanza to 1000 people during a conference. I took on this challenging task and I would like to share what has happen on that special day....

It all started with a simple email. My friend got recently very succesfull in his business and he decided to put together a huge weekend conference for the followers of his online programmes. He teaches people how to make their lives easier thanks to internet, guiding them to find their calling about what they are passionate about and create so called info-products from that (ebooks, videos, webinars etc.) and sell them online. When I learned that this conference is about to take place and I found the couradge and offered my „services“ to him. In that email I stated that propably he would like people to experience something there, perhaps to connect them in a way so that they can feel the network they are part of and that I have something that can allow this to happen. Luckily he was responsive, we set a skype call, talked about the details and agreed that I will run a 1 hour biodanza session with the participants of that conference in the evening of DAY 1. At this point we had no idea about the numbers. He was thinking about 500 but also dreaming big. Few months later I found out that indeed the event will be huge – 1000 people signed up for the weekend!

I alarmed the biodanza community asking for help and advice since I have never done anything of this size. I had no idea about the participants profile. And I really would like to send big thank you to all who gave me their advice, especially to Carolina from South Africa – her input and experience sharing was really valuable and also to Unni Heim from Norway who happend to be in Prague 2 weeks before the event and helped me with the last fine tuning.

Who were the participants?

As I was myself taking part in the conference on DAY 1 before my vivencia I found out that the participants spectrum is really huge. There were people who are owners of their own businesses (from electric systems to beauty saloon), there were employes of various companies hoping to start their own career or wanting to improve the status quo. I met also many colleagues from self development field – trainers, coaches, healers – who wanted to start selling their brand via internet. I was lucky because it seemed to me that majority of those people were willing to try new things, they were at the conference because they wanted something more from their working or personal lives.

How did I integrate biodanza or biocentric principle?

I prepared a 1 hour vivencia. In the beginning I talked a little bit about myself and my passion - biodanza. I started with a short personal story to make people interested and also to build rapport. They needed to know me a bit and connect with me to be able to relax under my guidance. The main message in the beginning was 3 words – connection, expression and integration. I talked about how we live our life mainly from the head and we are not listening nor being in tune with what is happening 30 cm below our head. I made a link with what the presenters before me were saying and then invited them to switch off the head for next hour and see what happens if we give more space to our bodies as well. I was very strict with the not talking rule and also invited them to take off their shoes. I did it in a smart way – I asked ladies with high heels to do it because of the safety and then in a nice way invited men to joint them so that is it fair. Luckily it worked and majority of them did take their shoes off.

Then I ran the vivencia which I am describing in the table below. I am including also the key messages with each exercises.

1.	Walk	Bright side of the road/Morrison	Relax the body, see the room from different perspective
2.	Clapping game	Rock around the clock	Learning from children, not taking everything so seriously, ability to play in life
3.	Now or never game	Juan Luis Guerra/Forro	Ability to choose, meet the opportunities that life offers based on our desires
4.	Free dance	Satisfaction	Express yourself freely. Be yourself! Fully!...in a place of no judgement, everything is allowed but in feedback – not hurting anybody else.
5.	Tunnel of celebration	It is my life/Bon Jovi	Time to be celebrated. As you are now, you deserve it, you have all the resources for success already inside you...
6.	Breathing dance	Nature/Ted Scotto	Time to stop and relax in life, feel ourselves, tune into ourselves
7.	Segmentation of chest	The legend of Babel/	Opening to life, to ourselves to each other, relaxing this area of feelings
8.	Fleeting encounter (hands meeting in a brotherly gesture – more firm contact)	One by one - vangelis	We are on the same path. Even meeting of two second can give us a spark for a live time... symbolism of the brotherly gesture when we meet.
9.	Sinuuous Circle	Imagine – John Lennon	Connection. The possibiity of a world when we can meet and be like we were together today.

What was the result? What was my learning?



The result was totally magnificent! I was personally blown away by the intensity and also depth and joy of the vivencia. I felt totally on purpose and enjoying the vivencia so much. It gave me a great joy to lead it and surprisingly once I started I was not nervous at all. The night before I could not sleep very well and still was mentally preparing, thinking of it etc. but once it started it all went very smoothly.

The first walk was a bit hesitant I thought, I was encouraging people even as the music was playing to relax the hands (many people had hands in the pockets etc.) and enjoy the simple walking and new perspectives the life is offering when we keep moving. It was good for me to jump

out of the stage and join the participants. Everything was a big distance so I had to be careful not to go too far and make it on time back to the stage.

I received a suggestion that it might be good to start with walking with more people „take as many people as you can for a walk“ – this worked very well for Carolina in South Africa however here I did not find it that suitable – my intuition was saying no and I'm glad I listened to it. I believe just a simple walk was a good start even it was already difficult for some.

With clapping game I would suggest to have somebody at hand who can help you and is experienced. My partner Peter was doing the music and there was nobody else familiar with biodanza. So I asked for a volunteer to help me and this guy was completely out of the rhythm unable to catch the clapping at all. It was fun in the end and I reinforced some messages about it – if things go wrong that is also ok, we just need be able to try and try again even after the mistake. After all it is just a mistake, not a big deal.... This exercise worked really well and there was a lot of joy and laughter.



Followed by the now and never game – people liked that too. I allowed them to dance in 2s as they like and change quickly any time the music stops. It was fun and it helped a lot.

Carolina said that a free dance could be a mess there. However there was enough space and I felt the expression experience is very much needed there. So after all with Unni I decided that I will go ahead with this one and again it was really great. It was really important to be very enthusiastic and inviting and encouraging. It was a great fun, some people were really running around and enjoying the wildness of the music.

Then I had to make immediate decision. I knew that based on time and atmosphere I will decide whether to do or not to do the next exercise. Carolina suggested a tunnel to me however I could not find the really good IBF music for that. I needed something really victorious and strong and powerful to take people on that journey. We spend whole evening with Peter searching for the right music, everything seemed only semi-good, however in the end we found it – It is my life from Bon Jovi fitted perfectly. And since the mood was high and people liking it I decided to go ahead with this one. My enunciation was very flowing and touching some of the key principles we talked about earlier that day. I demonstrated myself the walk or run through the circle and it was the most amazing vivencia even for myself. The tunnel was really long and supportive, cheering really loudly and I ran through it feeling like the queen of the universe...I felt totally energised and excited for anything in life. I knew that this exercise is IT! And so it happened...and people were super excited the energy in that hall went above the roof. I was standing on that stage watching the scene in feelings of bliss. I loved how they went for it, I loved that this is possible to arrange, to feel with so many people. I was very grateful at that moment and had a feeling of total joy and YES to LIFE!

The breathing dance I did was with hands on the heart and suggesting them they can move it a bit from the body in a gesture of openness but only a little bit and only if they feel like and then come back. This and the following exercise of segmentation of the chest was the preparation for the

fleeting encounter of meeting a brother and this was truly magical. I stepped again in the space between the participant and was filled with the depth and openness that was arising there. I had to finish with a sinuous circle and inspiring words from John Lennon. I found it truly beautiful...

If nobody would say anything after the vivencia I would still be very pleased and happy because my personal observation was telling me that yes, this was a great thing to do here and it completely changed the way people related to each other afterwards. I believe it was a great contribution to the success of the conference. However people actually did talk to me! I was blown away by their comments and beautiful words. Immediately after the vivencia people literally formed a line to thank me and give me a hug, which was so great to receive. Anywhere I went after this participants were stopping me and making positive comments about the experience. I feel very grateful to Rolando for creating something so connecting and inspirational that it can bring 1000 people together so quickly. I'm positive that it has a power to bring together and open to each other all people of this world...

And yes, I have to admit that it was a boost to my ego, however also a boost to my determination to continue this work. I was so lucky to receive this amazing gift of „YES, IT IS POSSIBLE!!!“ feeling. For several days after I was charged with positive energy and feeling of gratefulness and love towards life and people.

After the event 2 companies called and wanted me to deliver something similar with their team. I happily did so! And I believe that overall it was a great promotion for biodanza in this country. 1000 people heard about it and experienced it. I had a ppt slide with my website and contact details behind me for the whole session. I asked for testimonial some of the key people who were there and took part in the session. This was a good strategic move – I highly recommend anyone to do that!

The biggest learning for me was to „give it a go“. It was purely my initiative and my friend said YES. If I would be afraid to try, nothing of this would happen. It takes courage to bring biodanza to new places, however I believe that if you know from the bottom of your heart that it is something that will be of a great added value, don't listen too much to the programmes in our heads telling you that something is not possible. It definitely IS and it IS highly worth it!

Here is a testimonial I received from another guest speaker at the conference Andy Winson from Slovakia, which I am hoping to use to open me more doors within other corporate organisations:

„The performance I experience with Aneta Langerová in front of thousand of people was really amazing. She was able to work with this crowd as it was a little group of 20.

Her enthusiasm and strategies that she uses within the presentation is something of a rare kind.

She is able to connect in a unique way the principles of personal successes with business success and growth, so that the participants can find the inner strength to reach better results.“

Andy Winson, Motivational speaker, coach.

www.nlpinstitut.sk, www.andywinson.com

3.4. Summary of my key learnings

Having described above my first experiences with bringing biodanza into organisation I would like to summarize now the key points I learned along the way.

Building trust and respect

I found particularly important to establish the right rapport with the group. For me it did not work that well to „show up just for two hours“ say a few words in the beginning and immediately go for the vivencia. (S.O.S. International). Next time I would like to spend a more time with the group before the vivencia and build some more trust and respect. In the training industry we say that during the opening part of the 2 days training course it is important to build trust and respect with the group. And this in my opinion applies to biodanza as well. I found useful to talk a little bit about my expertise in the system or in the field as such. Maybe it is good to do some other integration group exercise before doing a vivencia.

Feeding the analytical mind

Very closely linked with my first point is the fact that in order for people in the corporate setting to relax more – you need to give them the „permission“ through speaking more to their analytical mind. Once they understand a little bit how the system works or why we do it, they feel more comfortable to go for the experience. However I would not go into too much of details. Just the right amount of information and some questions and answers. If necessary you can use a power point presentation for that as well – so it looks very professional.

Being a partner

Of course it is necessary to speak the language of your clients. However I found out that maybe sometimes I might have a tendency to „adjust“ myself to the corporate environment too much. I

would be for example worried to talk about love. I guess we need to be in the right flow when working with organisations. It is crucial to remain in our identity and at the same time to be able to see things from the corporate perspective and speak their language. Our aim is to become their partners I believe - we are not gurus nor entertainers or some esoteric weirdos. We are bringing them a very specific value and know how which can help them a lot in their organisations. However we need to learn how to market and package what we know into what it is appealing to them. Eg. we might not speak so often about „feeling love and connection with my employees“ but we might speak about „opening towards the affective connections with your employees or customers. This means that you can understand them better, you know better what are their needs. If you understand their true needs better you can serve them better and that of course is ultimately meeting your needs because you are doing better profits or simply you are feeling better at your job...”

Logistics

Good logistics is as always absolutely crucial to the success of our interventions. If the dancing hall is closely connected to the restaurant without any bigger barrier or wall - it will obviously not work. We need private and intimate space where people feel safe. I suggest to always check the venue prior to the event. Sometimes it might be a challenge when it is quite far away, but still we should do the maximum to find every detail about the place. How big is it? How is the light? What is next to the hall? Are there curtains? Etc. Similarly we need to enquire and test the sound system. So basically the same rules would apply as with any other vivencia outside the corporate organisation.

For me it also worked better to position the vivencia on voluntary basis. Usually no one actually left when I did so (except the S.O.S. International experience as described above)

Setting „rules of the game“

I was experimenting about how should I handle the speaking of the participants. I noticed that even during a „normal“ biodanza weekly vivencia the „rules of the game“ are not the same. Some teachers don't mention at all about people being silent for the time of the vivencia and some teachers do explicitly tell them to remain silent. One teacher from France told me that Rolando didn't tell this to the students and for example in Italy participants chat quite a lot. I don't know what is true but I did my own experiment. At first I was quite nice and inviting them to try not to speak but not being so strict about it. What happened that many of them did not follow this, were chatting, making comments etc. Next time I was more strict about it and it worked well however people became too stiff in the beginning. So I tried another way. I explained nicely why we encourage them not to

speaking and then I also talked about our comfort zones and our defence mechanisms that are helping us when we are out of the comfort zones. One of them is to talk or to laugh, make funny comments etc. So I invited them to observe this tendency that might rise up however do not act upon it. And it did work quite well!

Progressivity

I have to say that even I knew that it all needs to be very gentle and progressive in the business world I was still surprised to see that sometimes I still need to slow down maybe 5 times. Some exercises are just simply way too intimate – we need to be very careful, very gentle and progressive.

Enunciations linked with business world

Majority of the enunciations should be linked with the business world and the theme you are discussing. I usually positioned the vivencia as their chance to really live and experience what we are talking about during the theory part (eg. Especially during the stress management or emotional intelligence training).

My state of being

I noticed that what you do in the business world actually very much depends also on your courage and trust in what you are doing. Many of my colleagues were frightened when I told them what I'm usually doing with our clients. For me it seemed "normal". But I had to have that courage and trust that it will work out fine.

Don't start with a circle

Over the time I also learned that it is better not to start with a circle in the vivencia. It is too intimate and out of the comfort zone for many. I usually start with just standing in a circle and closing eyes, taking few deep breaths and then I continue with the enunciation of the walk.

How to get in?

One of the main challenges is actually how to get into the organisation to be able to deliver a session with them. I personally started with influencing my colleagues who are the sales people. I deliver the vivencia for them and also created a 1 page proposal material to support their sales effort. I believe that this could be a good strategy. There are a lot of training organisations like Develor. We can start approaching them. Since they are always looking for new trends and strategies that they can offer to their clients. Also they have already a well build relationship with the corporate world and therefore have a bigger selling potential that we have as individuals. Of course you would need to share the

profit but you have a higher chance of actually getting in the organisation. Naturally there are many more ways of how could we get in (cold calling, references, people we know, conferences etc.) – personally I tried this one which worked well for me.

4. Appendix

4.1. Survey result from the Alchemy of Life training

3 months after the 2 days Alchemy of Life course (please see above for the detail description of the programme) I send participants a follow up questionnaire. I would like to summarize here the key output from that. There were 14 participants who took part in the survey and these are the result:

1. How was the impact of the training on your professional life?		
	% of respondents	Number of respondents
1. none	0,00%	0
2. rather small	42,86%	6
3. rather big	42,86%	6
4. very significant	14,29%	2

2. How was the impact of the training on your personal life?		
	% of respondents	Number of respondents
1. none	0,00%	0
2. rather small	28,57%	4
3. rather big	64,29%	9
4. very significant	7,14%	1

3. How difficult was for you the sessions of biodanza?		
	% of respondents	Number of respondents
1. not at all	57,14%	8
2. rather no	35,71%	5
3. rather yes	7,14%	1
4. very difficult	0,00%	0

4. Please describe your experience with biodanza:

1. „To exercise in silence, think about it, it is very good, not to express just allow thoughts to run through my head, just superb, it helps me not to speak up immediately but think about it more“
2. „It was for me a very interesting realisation, how everything connects with everything. How only a „simple walk“ relates to our psyche and health and how we can just be changing our walk and work on the problem....similarly with breathing. Simply how important it is to be able to slow down, because otherwise we are missing the sensitive experience of the world and it makes us „poor“ inside...superficial and unsensitive.“
3. „New, untypical, fun, however sometimes with my colleagues a little bit unpleasant.“
4. „If I relax completely, close my eyes and only feel the music, a power of some sort is gathering inside myself, I can charge up with energy...however I am not able to do this anywhere else except at home, I need absolute privacy, so I am not able to use this at work.“
5. „Relaxation, feeling of belonging“
6. „Pleasant and relaxed feeling.“
7. „I am not used to these kind of activities, with sports I can also move my whole body.“
8. „Not to be afraid to show what I feel and being able to relax.“
9. „Mixed feelings at the beginning then relaxation.“
10. „It was interesting, one can really relax and overcome psychological barriers.“
11. „Activities were physically simple and easy to manage. Anet has showed us all of them and explained. However I had a psychological block to „let go“, because I am shy. The feeling that we have closed eyes helped me a then it was possible. The rhythmic walk is stuck in my memory, the other exercises I dont use.“
12. „The awkwardness at first was followed by easiness and relaxation. I managed to (temporarily) let go of some blockages and bashfulness.“

5. Other comments

- I wish biodanza was somewhere closer

- The training was a really pleasant way how to spend time, it was something new and extraordinary, something that allowed me for a moment to exit the known rhythm of work and private life...it was amazing!
- Both of the trainings were the best I have ever attended. Anet earned my trust very quickly. She was very nice during the whole training and there was a relaxed atmosphere. Thank you for the beautiful days.
- I was really touched by biodanza and I was looking whether it is somewhere closer to our town. Unfortunately it is only in Prague. The whole training was very „deep“, I think we all somehow stopped for a moment...and I have a feeling that I took my view on life in a bit more lighter way. It gave me courage that what we want we can have....just dont be afraid 😊

Summary

It seems that the training was beneficial for majority of the respondents. Biodanza session was quite easy. I put this question there to check about the progressivity of the vivencia and whether it was not „too much“. According to the replies it seems like it was quite alright. However I have a suspicion that they might have interpreted the question in terms of physical difficulty and not also emotional one. I need to be more specific next time. 3 months after the session majority of people remembered the relaxed feeling. 2 people found it awkward in the beginning. I guess the results are very similar to gauss curve – few people did not enjoy it much, several really loved it and the biggest group is somewhere in the middle towards the better end perhaps. However we must not forget that the replies were done 3 months after the course and during these period people tend to forget a lot. Having this in mind I believe the results are still very good.

4.2. Testimonials

In April 2013 I ran 2 vivencias for university students at their self-discovery conference in Germany organised by student organisation AIESEC. Following are some of the testimonials from them:

„Both biodanza sessions helped me in my own personal discovery journey. The first one set me free from all worries and stress accumulated during the day. I felt free, being myself, being more confident. I truly valued chosen sequence of biodanza sessions. The second one was more demanding. There were truly powerful moments in terms of self-appreciation theme. Biodanza supported the conference in many ways, e.g. people connected more with their bodies which enabled them to

discover some of their values. Shared experience also helped our group to open up. I am grateful that biodanza was part of the program. Thank you!” (J.K., Czech Republic)

„These are my impressions regarding the session you held at NALDS:

- the presentation of the concept, where it is coming from, and what is the main purpose brings a lot of attention and openness to try it out

- the way of delivery - from small exercises - walking alone and the upgrading it - walking with someone else, made me feel comfortable, because it was a gradual process but in the same time I could bring more awareness to the differences in between

- for me it was really important to focus on my body, and what it is telling me, listening again to it, feeling more connected with myself in this way, and I think that it is something very valuable that I want to learn, to be able to do it more often

- during the entire session, I had the feeling that this is something that I strongly connect to, this type of learning suits my personality, and I felt such a deep feeling of experiencing something that speaks to my being entirely, not to my rational mind only, it touched the core of my soul when I was living the song of my life - which happens to be my favorite song of all times.

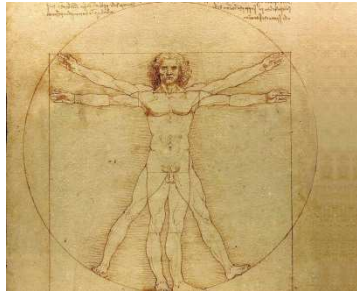
I really do not know what else to write, because rationalizing everything that happened, seems to bring it to a lesser form than what I experienced. I feel grateful to have had this chance of meeting you, and seeing another way I could live, more from within, bringing my soul out to the world, and be brave about it.” (M.B, Romania)

„I felt very uncomfortable starting the session. I am a structured, well organised person who „knows“ what I want. Anyways I participated for having a „different“ experience than usual. And this was awesome. I felt really awkward dancing like this but in the end it turned out to actually be what I was looking for : relief – letting go – be yourself. Thank you“ (Yannick, Germany)

4.3. Promotion materials

On the next 2 pages you can find the sample of some of the promotion materials I used for Alchemy of life programme and also for a teambuilding vivencias at organisations (apologies for not supplying this one in English, please use google translate – my objective was to give you an overview about the graphics etc.)

The Alchemy of Life



The Work-life balance program or „The alchemy or life“ is not only focusing to change the attitude in managing your own life towards greater satisfaction. It also provides practical methods and it supports realization of individual steps to achieve greater personal satisfaction of each participant.

MAIN GOAL: The goal of the training is to help the participants to find out what does "personal satisfaction" means for them and to realize what strategies can be applied to increase the satisfaction.

EVERY DAY WE ARE SWAMPED WITH PLENTY OF NEW TASKS AND DUTIES.

We have to react on tens of new e-mails, we spend time in a meeting that anyway does not solve anything, we pick up kids from school, we plan the weekend, we start to learn a new language over and over again and we regularly start to exercise. We do everything to be happy, however we are just overloaded and discontent. What can we do in order to live lives a little more satisfying?

WE DO NOT DISTINGUISH BETWEEN PERSONAL AND WORK LIFE ON PURPOSE IN THIS PROGRAM, but we try to inspire the participants to have a holistic view, where they can create and live life according their own values, ideas and interests. Thus the starting point of the program is an analysis of the current life situation and the sources of own dissatisfaction. **The program is built on experiential methods**, ensuring greater authenticity and applicability of the recommended strategies. It is also designed in a way to ignite deeper inspiration and stimulate an action towards positive changes to experience a more enjoyable life, feeling of balance and a greater personal satisfaction.

TOPICS:

My life from the bird's eye view

- ▶ General view and reflection about my current reality - realization what brings me pleasure and what does not in my life
- ▶ „Wheel of life“ - Inventory of life areas and personal satisfaction in each of them

5 floors of life balance

- ▶ Energy (basic physical life energy, life form)
- ▶ Space (arrangement of work place, apartment and other environment)
- ▶ Time (time management, unfinished business)
- ▶ Relations (partner, friends, colleagues, social network)
- ▶ Goals (long-term planning)

Internal self-manipulative programs

- ▶ Theory of internal self-manipulative programs decreasing our performance and satisfaction
- ▶ Emotion triggers
- ▶ Work with emotions (neuro-linguistic programming)

Elixir of personal satisfaction (the biocentric education method)

- ▶ „My ideal week“ (Walt Disney method)
- ▶ Setbacks of personal satisfaction and individual action plan

Hledáte inovativní přístup k rozvoji týmové spolupráce a osobního leadershipu?

Nebaví vás již klasické teambuildingové programy a hledáte něco nového a efektivního?

V.I.V.E.N.C.I.E.

Vydejte se na Inspirativní Výlet! Emoce,
Naladění, Celistvost, Individualita,
Energie!

Vivencie znamená intenzivní prožívání daného okamžiku. Je to základ systému biocentrického vzdělávání, které staví život na první místo. Na moderních principech biocentrického vzdělávání a tzv. Biodanzy je program V.I.V.E.N.C.I.E. založen.

Pracujeme s týmy a pracovními skupinami, abychom zvýšili jejich **sounáležitost** a nechali je prožít pocit propojení a společného **cíle**. Zároveň posilujeme **jedinečnost** sebevyjádření každého člena týmu, které organizaci přináší. Důležitá je také kombinace **zábavy**, radosti a **uvolnění**, s níž intenzivně pracujeme.

Benefity pro vás:

- Efektivní způsob stmelení skupiny (2hod)
- Nový a unikátní program pro náročné a odvážné skupiny (pouze 1 facilitátorka v ČR, program vždy přizpůsoben cíli setkání)
- Zážitková forma (žádná teorie, přednášky ani rozbor)
- Silný prožitek pro jednotlivce i pro skupinu (cvičení se provádí ve dvojicích, ve skupině, nebo každý samostatně, práce s emocemi)
- Uvolnění stresu a napětí (zábavné cvičení v první části vivencie, relaxační cvičení v druhé polovině)

Co dále oceníte:

- Jednoduchost provedení (program zvládne každý zdravý jedinec, není třeba se učit žádné kroky)
- Komplexní a vědecké pozadí (40 let výzkumů, metoda vyvinuta antropologem, biologem a psychologem - profesorem R.Torem v Chile, výzkumy vlivu Biodanzy na zdraví jedince – M.Stueck – Univerzita Lipsko, Německo)
- Kvalifikovanost facilitátora (facilitátor systému Biodanzy prochází komplexním 3 letým výcvikem – 30 víkendů teorie i praxe):



Ing. Aneta Langerová – zkušená facilitátorka a trenérka programů osobního rozvoje společnosti Develor. Od roku 2008 se intenzivně věnuje systému Biodanza, je první facilitátorka vivencí Biodanzy v České republice.

Popis průběhu

Vivencie začíná vysvětlením základních principů Biodanzy a dohodou o pravidlech. Lekce se skládá ze série 10-15 jednoduchých cvičení, pohybů a tanců za doprovodu hudby. Facilitátorka vždy vysvětlí postup daného cvičení a objasní, jak se toto cvičení váže na firemní praxi, týmovou spolupráci, leadership apod. Následuje krátká ukázka provedení facilitátorkou a poté se zapojí účastníci. Facilitátorka vždy vybírá téma, cvičení i hudbu na míru dané skupině a cíli jejich setkání (zábava, sebepoznání, rozvoj týmové spolupráce...) Celkem v systému existuje cca 120 různých druhů cvičení, hudba je pečlivě vybíraná k jednotlivým druhům cvičení, aby v kombinaci s pohybem a skupinovou dynamikou náležitě stimulovala nervovou soustavu. Pro maximalizaci efektu procesu jsou účastníci vyzváni k tomu, aby po dobu trvání Vivencie nemluvili.