

Application of Biodanza to Insight Meditation Retreats



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Introduction

Rolando states that: 'Biodanza is a complex adaptive system.... '



With this spirit in mind of Biodanza being a 'complex adaptive system' the subject of this thesis is to create, trial and evaluate an application of Biodanza to a specific environment.

This application of the Biocentric principle and Biodanza methodology would be to support and enrich people's experience participating in Insight Meditation Retreats.



I will explore some of the relevant theoretical aspects of Biodanza, the shortfalls of the meditation retreat environment and what potentially Biodanza can contribute.

I will offer my personal reflections on the journey I have travelled blending the seemingly two disparate methodologies of Buddhist philosophy and the Biocentric principle.

The core of this thesis though, is practical as it will outline the research undertaken on 5 retreats over 6 months, and the results and conclusion reached.

It will outline the research methodology, the design of the Biodanza application, the feedback received, improvements made and subsequent trialling of the improvements.

Two distinct stages in the research:

The first stage was low key and was to trial one Biodanza session on a few retreats with informal feedback. This would give an early indication if it would be accepted and if the idea had merit.

The feedback at this stage allowed us to proceed with more confidence towards a more fully developed offering. The early appraisal and feedback were invaluable in giving us a better understanding on what to design and how to develop a more formal feedback mechanism.

The second stage, was conducted twice. After the first one feedback was gathered, two supervisions conducted and improvements made.

The improved session was run again a month later and feedback received once again.

This thesis presents the conclusion of the research and offers a definitive statement about the suitability of the application of the Biocentric principle to this very specific environment of Insight Meditation Retreats.

Part 1 – Rationale of the Proposed Biodanza Application

Background of Biodanza Applications & Extensions

Firstly, let me outline what is a Biodanza application.

‘Applications and Extensions in Biodanza are two great sets of knowledge derived from Biodanza as an art science of life’ *Biodanza school manual Module 18 - Applications and Extensions*

Biodanza Applications are different to Biodanza Extensions. Applications are an application of Biodanza to specific groups of people whilst Extensions extend the Biodanza experience introducing other elements e.g. Biodanza and clay, Aquatic Biodanza, Project Minotaur etc...

Applications of Biodanza are based on the Biocentric Principle and adapt the Biodanza methodology to meet the needs of specific groups of people in a specific environment. Applications of Biodanza fall into **4 main categories**:

Summary from School manual ‘18. Applications and Extensions’



1. Clinical Biodanza is an application of Biodanza, complementary to medicine. This means that the work of Biodanza with the patients takes place in teams formed by psychologists, doctors, nurses and facilitators of Biodanza. Examples of applications of Clinical Biodanza include: Biodanza and Psychosomatic Illness, Biodanza in Psychiatry, Biodanza and the Visually Impaired, Biodanza for the Hard of Hearing, Biodanza and the Mentally Disabled, Biodanza and Geriatrics, Biodanza and Hypertension, Biodanza and Motor Disorders.

2. Other Applications focus on Biodanza for specific groups but not clinically based. Currently this includes: Biodanza for Pregnant Women, Biodanza for Couples, Biodanza for Gender Groups, Biodanza for Adolescents in Situations of Risk, Biodanza and Toxic Dependency, Biodanza and Eating Disorders (Obesity, Bulimia and Anorexia)





3. Biocentric Education has the priority of developing the internal guidelines for living and affective re-education. The methodology is guided towards the connection with life with the image of the human as one of a relational, ecological and cosmic being.

4. Biocentric Integration for Organisations

Biocentric integration for organisations is not just a question of taking Biodanza to institutions, the Biodanza facilitator is required to know the language and structure of the organisation. From an analysis, a program of Biodanza is developed, consistent with the objectives, followed by an evaluation of the results.



The subject of this thesis is to create, trial and evaluate an application of the Biodanza methodology to support and enrich people's experience of Insight Meditation Retreats. This would fit in category '2. Other Applications'.

Applications in Biodanza require specific knowledge of each group, in addition to a specific methodology.

My background regarding this group

I first encountered meditation practise in India in my early twenties and have explored and studied the teachings of the Buddha and other eastern philosophies both in their original and contemporary forms for over 41 years. Alongside this, I was also drawn to western psychology having studied and practised mindfulness-based psychotherapy and counselling.

For the last 20 years I have attended Insight Meditation retreats at least twice annually and for the last 10 years have led numerous Insight Meditation retreats.

In 2018, along with my colleague and co-teacher we founded the Insight Meditation Institute and developed a two-year Mindfulness and Compassion Teacher Training program as well as a four-year course for the next generation of Australian Insight Meditation Retreat Teachers. Both courses continue to be offered today.

<https://www.insightmeditationinstitute.org/>

In parallel with the above, my Biodanza journey began 9 years ago. A journey that has given me deep experiences and personal appreciation of the value of the Biocentric principle and of the Biodanza methodology.

From the perspective of this application of Biodanza, one could say I have sufficient specific knowledge and experience of the group this Biodanza application is being designed for.

What I needed to bridge is the deeper knowledge that an experienced Biodanza Facilitator or Didact can bring in order to help design a specific application that is in alignment with the Biodanza methodology.

In this regard I have been supported by two Biodanza Australia School Directors; Kate Clement and Catherine Borgeaud. Fortunately for me they are both familiar with the retreat environment as they have both attended numerous meditation retreats. Their ongoing support in providing guidance, supervision, suggestions, encouragement and ideas has been and continues to be invaluable.

I have also benefited from the support and input from two other Biodanza Teachers Heleen Fourie from Australia and Akira from Brazil. All have helped bring perspectives and helped to enrich this offering.

So what is an Insight Meditation Retreat?

Insight Meditation retreats are mostly of 5 to 7 days (can be longer) and offer participants the opportunity to develop and deepen their mindfulness and apply this to get insight into their life condition.

This happens through the development of meditation practises within a residential program which typically begins at 6 am and goes through to 9pm.

The meditation practices go through a natural progression from mindfulness of the body, mindfulness of feelings and then onto mindfulness of mindstates and other practices designed to bring one more and more into the moment to moment lived experience. The sitting meditations are interspersed with walking meditations and twice a day gentle yoga practices.

Although silence is maintained throughout the retreat, there are times set for verbal sharing and inquiry as well as listening to talks based on the Buddha Dharma (teachings of the Buddha) which provide a framework for understanding and inspiration. The intention is not only to deepen meditative practice but to use this to gain insight into how we create and perpetuate our problems.

The whole environment is held within a clear set of ethical guiding principles, noble silence, specific instructions, a wholesome vegetarian diet and access to nature.

The rationale and the opportunity

This all sounds quite idyllic, so what is missing and what can Biodanza offer?

Rolando Toro gave his perspective on Eastern philosophy, in the Biodanza Facilitator Training Program Module 3 – ‘The Vital Unconscious and the Biocentric Principle’.

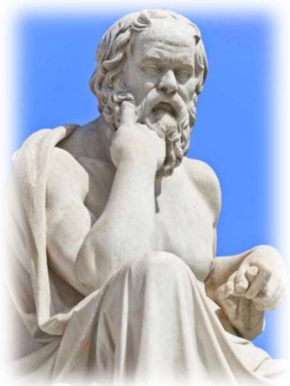
He refers to the Four Cultural Lines that have shaped our culture and contributed to their values, their glories, and **their failures**. He outlines the failings of the four lines in this way:



The Eastern Line. This line produces **anti-life values**: “Life is an illusion and its forms are merely the infinite veils of Mara. Desires and emotions are the source of all suffering and it is necessary to deaden corporeal sensations”.

The picture here depicts Mara's three daughters, identified as Taṇhā (Thirst), Arati (Aversion, Discontentment), and Rāga (Attachment, Desire, Greed, Passion). Mara's three daughters were stripping in front of Buddha; but failed to entice him from his awakening.

The Judeo – Christian Line. This line managed to produce, for centuries, the castration of the instincts. The **intolerance** of this cultural line to the possibility of **pleasure and enjoyment**, allowed the development of great programmes of human frustration.

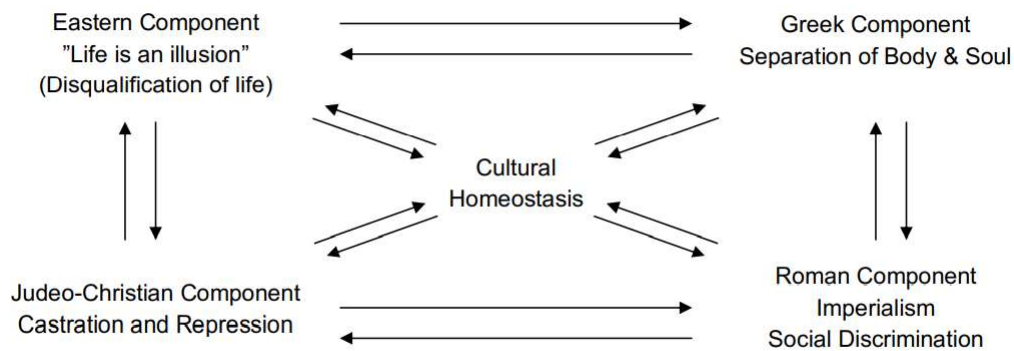


The Greek Line. With the **body–soul separation**, this line contributed to reinforcing the anthropological catastrophe unleashed by the two previous cultural lines. The emergence of Platonic idealism generated its opposite: materialism. The priority of the world of ideas reached the height of its paradigm in the expression “Cogito, ergo sum” of Descartes. (I think, therefore I am)

The Roman Line The emergence of absolute power and the **separation between masters and slaves** culminated in the Roman Empire.



A summary of this is presented by Rolando Toro in this way:



I was particularly struck by Rolando’s comments about the Eastern line: which he goes on to say:

*‘A historical analysis, demonstrates that the eastern line not only denies the value of life as a process of creation, that finds its meaning in itself, but **it also participates in the pathologies of the other three cultural lines: sexual repression, division of body-soul, and omnipotence and human discrimination**’. He also adds the repression of impulses of the Judeo-Christian line, like the eastern concept, proposes **the renunciation of “earthly pleasure”**.*

From my experience I can relate and to a large extent, but not fully agree with Rolando’s analysis. It was in deeply immersing myself in Biodanza that the contrast became clearer and that a new richer possibility arose for me.

Buddha’s teachings are fundamentally focused, quite accurately I might add, on how we create our suffering and how to free ourselves from suffering. So from that respect it is pro-life and pro-freeing ourselves from our habitual tendency to create unease and dissatisfaction.

But the Fundamental teachings, consciously or unconsciously, can give impressions that become problematic and restrictive.

Sexuality is hardly ever, if not at all, mentioned in over 5,500 discourses. It is easy to get the impression that pleasure from the senses is fraught with danger and as Rolando described that *'it is necessary to deaden corporeal sensations.'*

Identity is another area which many Buddhist practitioners struggle with and can lead to unintended negative consequence. The teaching of 'Anata' gives a somewhat nihilistic message. This teaching is expressed in many discourses. One typical example from the Khandhasamyutta sutta:

"Any kind of form whatsoever ... Any kind of feeling whatsoever ... Any kind of perception whatsoever ... Any kind of volitional formations whatsoever ... Any kind of consciousness whatsoever, whether past, future, or present, internal or external, gross or subtle, inferior or superior, far or near--one sees all consciousness as it really is with correct wisdom thus: 'This is not mine, this I am not, this is not myself.'

Although these teachings are profound and hard to understand, and in many ways are pointing practitioners to what Rolando Toro would term the **Numinous Unconscious**. They nevertheless are easily misunderstood and can lead to a strong denial of any sense of identity, joy or happiness of being alive.

The proposition is that well-designed and skilfully applied Biodanza sessions can help bring about a transformation to support the very rich 'values and glories' of this Eastern tradition.

The Biocentric principle can help bring about the experience of life affirmation. I believe that Biodanza can support the eastern teachings by bringing about the realisation that we do not need to deaden our senses and desires, we can seek and enjoy pleasure. People could benefit by embodying the Biocentric principle that emotions are the very source of experiencing life in its fullness. Life is here – now, not an instrument to reach another life and we can value life with its intrinsic value, and its divine gifts.

And that my dear reader is exactly what this thesis is about, and hopefully the answer to the question 'What can Biodanza do for a Buddhist based meditation retreat?'



Part 2 - Examination of Cultural Lines vs the Biocentric Principle

| Eastern Line + three other lines | Biocentric Principle |
|---|---|
| Life is an illusion generated by the infinite veils of Maya | Sacred value of life has meaning in life itself |
| Deadening the senses and desires | Enlivening the senses |
| Not seeking pleasure | Embracing pleasure |
| Emotions are the source of all suffering | Emotions are part of living |
| Focus on how suffering is created and avoid aversion and craving. | Experience the healthy part and wellness is naturally there |
| It is not of interest to live now, but in a future karma, incarnation or paradise | Life is here–now, not an instrument to reach another life We value life with its intrinsic value, with its divine gift |
| Castration of humanity and sexual repression, the tyranny over the sexuality of the people. We are sinners. | Freeing of humanity, restoring the Proto vivencias of the original state before negative eco factors |
| A terrible god, who punishes those who surrender to the pleasures of sexuality. | Not positing a God, Numinous unconscious |
| Guilt and punishments of hell are carefully described | Restore the healthy part, releasing shame and guilt |
| The separation of body and soul has, as its consequence, psychosomatic illnesses, and the generation of hypocrisy | Human beings are a totality. From our identity to transcendent states. Accepting our desires, emotions, and instincts |



Monograph of personal experience in relation to the subject

It was not a theory, nor a wild fantasy, but a personal journey with Biodanza that gave rise to the thought of creating this application.

Over the first five years of being involved in Biodanza I noticed that experiences and healing was happening to me with Biodanza that several other methodologies that I was deeply involved in had supported, perhaps even laid the ground for, but not touched. Biodanza offered a different, seemingly more organic route to parts of my psyche that were ready for transformation.

My first Biodanza session was not love at first sight by any means. I felt uncomfortable, a little anxious, uncertain. This holding hands and being playful adults all seemed a bit childish but something that could not be described made me come back again, and again, and again, and again

At the start of most vivencias, I could feel a veil between myself and others, a veil behind which one was here, safe, knowing and in control. The other side of the veil unknown, open, free, and risky. I observed, in each session over the years this veil becoming thinner and thinner, repeatedly experienced the magic on the other side of it. Always puzzled how it had crept back in, only for it to melt away again during the next dance session.

There have been many experiences and wonderful connections over the years. I will explore just a few that relate to this subject:

In the early sessions healing from what felt like the suppression and distortion of sexuality, remnants from my teenage years, began to reveal an organic beauty of feeling my own energy, enjoying the energy of others, playfully, respectfully, trusting the space to explore, sensing natural pleasure. A complete antidote to my Catholic, and Buddhist backgrounds.

In the early days, my mind was often caught up in thoughts and concerns during dance sessions: 'am I doing it right?', 'do they like me?', 'have I upset them?' etc... All the concerns when not fully in touch with one's essence, or discerning one's energy, in time these became less and less prevalent.

That was the beginning, since then so many experiences of being held, making eye contact, caressing, being caressed, feeling received, experiences of being a babe, a child, a man, a woman, a tree etc... All leading to embracing aspects of myself that no other method had touched. Feeling accepted, loved and a belonging that transcends age, gender, ethnicity, and capability.

Other notable gifts have been experiences of dancing with men, holding their hands, hugging. All led to a more wholesome relationship and connection with other males which is half of humanity. A deep healing of early childhood family imprints.

Later in my Biodanza journey I began having experiences, particularly in the cholinergic part of our sessions, that I would normally only have after 4 days on meditation retreats. Deep states of transcendence and utter peace just lying on the floor in contact with those around me.

Sometimes, spontaneous insights would occur about the nature of existence, deep knowing without thoughts. No effort or trying just a natural outcome of the state of being in vivencia.

I remember one time, I had been intrigued by the poems of Hafiz and his devotion to the 'Beloved', I had spent months puzzling over this, looking for this beloved wanting to find it.

In one Biodanza session, in the middle of a dance, I started laughing, chuckling to myself. The voice inside had said 'you are the beloved'. The beloved was found on the dance floor and it was in me all along.

Many spiritual traditions speak of non-separation, non-duality and that is the problem it is spoken.

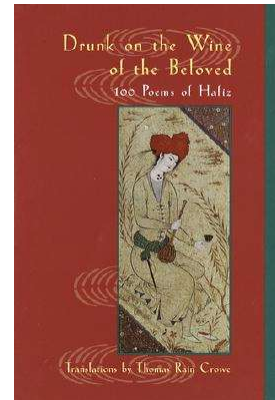
In Biodanza sessions the experience of being with another, totally present, being in a vivencia of oneness happens naturally. I see it happen between others; I experience it myself. On some occasions this can explode into a love that is beyond the ordinary, way beyond. I came to realise that over and over again that in a moment:

**'When I have no thoughts about me and no thoughts about the other,
magic happens'**

Another gift was the Biodanza World Encounters held in Bali. Being exposed to a wider group of people from all over the world revealed and shifted my unconscious prejudice and views about different ethnic cultures. I found enormous healing looking into the eyes of others realising my prejudices and feeling them drop as I would take in their humanity, their presence. A reminder once again, when thoughts drop, beauty is revealed.

In the last 9 years I have been gratefully carried by the tide of three powerful methodologies that have influenced my being and freedom; The Diamond Approach, a method based on verbal inquiry, the Buddha Dharma a method of deep philosophy and meditation practice and the Biocentric methodology of Biodanza. In my view, no single methodology can provide all things, to all people, at all times. What I have found is that Biodanza has given me a gift that the Diamond Approach and Insight Meditation retreats could not provide.

I want to develop and test this application to see if others get the same value that I have gained from doing it and perhaps they may be encouraged to also take up the path of Biodanza. We will see!

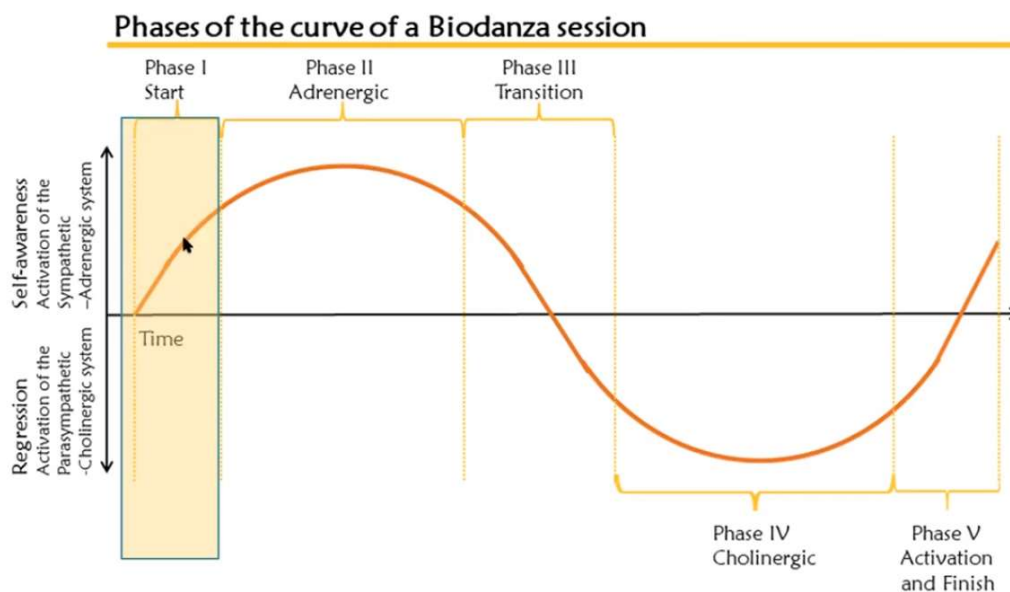


Part 3 – Two Curves Into One

This application will need on one hand to be true to the Biodanza methodology, whilst at the same time realising it has to be adapted to this particular Retreat environment, which has its own energetic curve. It would be valuable to appreciate with you the energies of both and to see if the two curves can support each other and give participants the experience that it is one seamless, integrated experience, not just a peculiar add on.

Understanding the Biodanza Curve

As you all know, each Biodanza session is designed to follow the energetic curve and stages which are at the heart of the Biodanza methodology. The movement from activating the Adrenergic system then transitioning to the Cholinergic system and slightly out again.



Understanding the Retreat Curve

The Retreat Curve

Broadly there are several phases that can be observed on a retreat:

Phase 1: During the first two days on retreat people become more aware of and struggle with their incessant mental activity. Meditation practice at this stage is directed and intentional. This is effortful, can be frustrating and tiresome as bringing attention repeatedly back to the breath or the object of meditation requires constant attention and persistence. This can produce mental and physical tightness, tensions and emotions.

Phase 2: The mind begins to slow down; less effort is required and a gradual settling of mind and body begins to happen. At this stage of reduced stimulation and slowing down unresolved emotions often surface. These may relate to the preceding events happening to people before the retreat or be triggered by deeper suppressed emotions from earlier years or as Rolando would say the result of negative eco factors that have blocked expression of potential (or protovivencias). Emotions, vulnerability and unsettling can arise. Some people on some occasions go straight to phase 3, but it is more the norm that emotions arise.

Phase 3: The body and mind continue to settle, if the first wave of deep emotions has subsided a gladness and openness happens. Deepening into presence, appreciating nature, feeling centred, at peace and for some the experience of oneness and deep happiness can pervade. One could say that the Biocentric principle is becoming aligned and people are beginning to experience natural Vivencias, states of integration and harmony in the moment. Sometimes, in particular on longer retreats, phase 2 and 3 repeat as the continuing lack of stimulation enables more emotions to surface and be processed.

Phase 4: Towards the end of the retreat the mind begins to lean to the future, contemplating returning to the world and the responsibilities they left behind. This either brings about an excitement to return with renewed energy and intention or resistance returning to the noise of the world and the loss of this internal peace and supportive bubble they have been in. Within this movement is the consideration of having to reconnect with people, the affectivity aspect of our life. This can be experienced as difficult or welcomed.

Supportive Elements

Elements in the retreat environment that are already aligned with Biodanza is that people are already in silence, they are already beginning to experience reduced sympathetic activity with easier access to the parasympathetic system and their moment-to-moment mindfulness and presence is more established than usual. Additionally, the proposed Biodanza sessions are to be held in the evening, people are in residence with no need to drive home or talk, thus no need to end the session with too much activation.

Non-Supportive Elements

Elements that are not so supportive of the typical Biodanza curve and methodology is that the retreat is predominantly for self-reflection and absorption where people stay in their own space.

The design will need to moderate the initial and final circles where holding hands in

Biodanza is usually the norm and replace it with a way of getting the effect of a circle by being perhaps more of a ceremonial circle at least in the first vivencia.

The other element that requires adjustment is that the envisaged active part of the Biodanza session will initially be limited to ~60 mins duration. But if this whole experiment proves to be effective the time could be extended.

The synergies and the way forward

To summarise: many of the elements present in an Insight retreat setting are already in alignment with the Biodanza framework:

- Paying attention to moment-to-moment experience,
- Directing attention to the body,
- Encompassing emotions,
- Being in the lived experience
- Being in silence, not in cognitive dialogue
- Reduced activation of the cerebral cortex.

The opportunity is to enrich and to deepen the meditation retreat experience by bringing to this environment some of the unique elements that Biodanza offers.

The meditation retreat environment even when it includes yoga is still lacking a more organic and free flowing connection to the body, it does not have a way of raising vitality or affectivity nor for promoting biocentric healing to occur.

It is proposed that, used in specific ways, exercises from these lines of Biodanza could contribute greatly:

1. **Vitality**, through movement and music stimulating the neuro vegetative system would be an antidote to the energetic 'stuckness' or constriction that sitting meditation can produce. Enabling energy to flow and the potential of bringing about more vitality, joy and aliveness.

**Unlike meditation which is more Kinaesthetic, relating to the 5 senses,
Biodanza is more Cenesthetic,
experiencing the pleasant and harmonious sensations of our
bodily existence.**

2. The line of **sexuality**, in the context of a silent retreat would be directed at self-care, self-caress, restoring contact and sensual appreciation of the body. Exercises from this line of vivencia could potentially help to awaken corporeal sensations rather than deaden them. The gift of Biodanza is that well selected sexuality exercises could organically help to overcome these unfortunate perspectives and normalise pleasure.

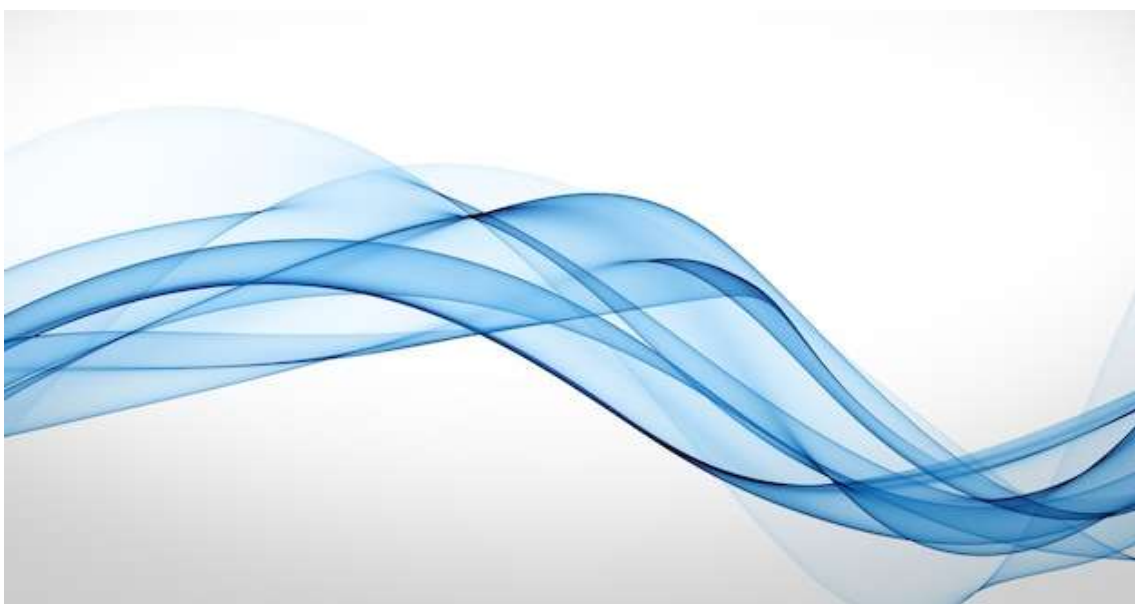
3. The line of **affectivity** used in the later part of the retreat cycle can support reconnecting with others, developing friendship and solidarity. This could be very helpful firstly during the retreat itself where the connection to self can be extended to connection with others. Secondly to support the transition of returning home and reconnecting with family and friends after days of silence and internal isolation.

4. The line of **transcendence**. On meditation retreats people's system generally does settle into a more cholinergic state and states of transcendence are readily experienced. Biodanza transcendence exercises can support and deepen connection and access to 'Numinous' consciousness in a grounded and embodied way.

In this early stage of development, it is envisaged that on a 5-7 day retreat, 2 Mindful Movement sessions can potentially be offered. Each of about 60 minutes duration. In retreats longer than 7 days one could potentially offer 3 sessions.

In addition, a feature of Insight retreats is to have at least one Meta or Loving Kindness meditation session. This is traditionally done sitting down in a very static posture. There is the potential here to design a series of Biodanza exercise that offer a progression from heart opening, increased sensitivity, leading to generative postures of expressions of love and ending in a deep state of universal love.

In other words, to do Meta meditation through dance. Meta practice unlike other meditations already has its own enunciation, so it would be a natural fit to shift to incorporate Biodanza style enunciations.



Part 4 – Methodology and scope of the research.

To bring dance in the form of Biodanza into the world of a meditation retreat is a radical idea. The plan is to do this in two stages:

Stage one – Trial by fire

Firstly - A poem by Rolando Toro

I Need Fire

I need the fire which lives by
consuming bodies
with its passion and hope

I need the fire which illuminates
the lives of others
making them bright

I need the firelight
the glow which deepens
when lips get closer and tingle
the electric sensation
when creatures touch and mingle...

I need the fire of initiation



Stage One was to trial the concept by firstly offering one Biodanza session on one retreat and see how it would feel.

The idea was to use the first trials to get an indication if Mindful Movement was going to be accepted as being beneficial and welcomed, or rejected as not fitting with people's expectations. The outcome would be gauged by observation and by informal feedback.

If this was met with acceptance and non-outright rejection and condemnation, the plan was to proceed with the stage two. If it was not accepted then this application would seriously be in question and the project abandoned!

I had the good fortune and the circumstance aligned well for this trial to happen not once but 3 times on 3 retreats with different audiences, a good test.



Stage two – Fly higher

The second stage of this research would be to have 2 Mindful Movement sessions within the same retreat. Which is the idea of this application, so that Biodanza would have more impact on people's experience. It was also envisaged that at this point a feedback mechanism would be developed to get more formal qualitative feedback.

Scope

Regarding the method of assessment. Physiological or psychological testing was definitely out of scope of this research, what is relevant though is to get the right information to determine whether this application has merit? If it offered value to retreat participants? and if so, what value does it offer?

Particularly it was considered important to get feedback from participants about their experience and their reflections on whether Mindful Movement assisted their retreat experience or was detrimental to it.

Above all did they welcome it and encourage us to keep offering it?



Part 5 – Stage 1: The First Mindful Movement session

The first MM session designed to be done on the second night of the retreat. The first night is not appropriate as typically on the first night people are tired, still settling in to the environment and catching up on rest. On the second night, most people are at the transition point of phase 1 and 2 of the retreat curve. (See pages 14,15)

The Biodanza proposal is for a theme of **Connecting to the Body in Flow**, with the lines of Vivencia of Vitality & Transcendence. Vitality supporting connection to the body with synchronous movement, extensions, releasing body tension, letting emotions move. Transcendence to support the easeful movement to deeper states of surrender.

Design and enunciation of the first Mindful Movement Session

Theme: Connecting to the Body in Flow - Line of Vivencia: Vitality & Transcendence
Aim: Connect with core body, contacting and releasing emotions, deepening into cholinergic calmer state, settling in that state.

Introduction

The series of Mindfulness Movement practices we will do this evening are based on and inspired by Biodanza.

Biodanza was developed by Rolando Toro from Chile, and offers a deep and profound methodology to restore health and vitality through movement and music shared with others. Biodanza means 'Dance of Life.'

I have been doing Biodanza for 9 years and for the last three have been involved in the teacher training. I am not a Biodanza teacher but in a process of supervision.



I will lead you through several movement practices that come from Biodanza. Just like in meditation instruction each movement practice has its object of attention, we may feel a part of our body or follow a theme and just let a dance or movement originate and progress from there.

Do not be concerned, before each practice I will explain and demonstrate the movement to you. In this way you become familiar with the movement and its music.

Then I will start the music again and invite you to let your body move to the music and do its own version of the movement. NOT A REPLICA.

We continue in silence of course, you can ask a question if not clear.

We will begin with slightly more upbeat music and the rest of the session will be relaxed, soothing and connecting. Nothing too strenuous.

Every exercise is an invitation, do what feels right and self-regulate so that you do not overstretch or injure yourself. At any time if something is not quite right you can sit it out till you are ready to move again.

Tonight's theme is **Connecting to the body in flow**. The body's natural tendency is to move in order to release tension, to unwind, to restore its balance but also to experience delight and rapture. All are contained in the body. So, let's move.

1. We will begin with a walk called Synergic Walk

This is not like walking meditation, the invitation here is to walk to the beat of the music. Sensing the arms and legs moving in natural synergy. Bringing our attention to the simple act and beauty of the body walking, delighting in this simple fluid motion.

Song: Esperando na janela

2. Dance of Maximal Extension

Our bodies can become constricted, contained, in this dance we will be moving to stretch our bodies, to reclaim space, to go beyond our boundaries. It is the dance of maximal extension.

The movement is to extend our arms, legs and the entire body, stretching, unfurling the tight spaces. Stretch but stretch mindfully, go to the edge of what is comfortable, feel the pleasure of the stretch like a flower opening or a frond unfurling.

Song: Pink Floyd – Breathe in The Air



3. Rhythmic Dance with Central Movements

What can happen on retreat with all that sitting meditation and concentrating, is that the trunk and pelvis remain rigid. Yet this is where our emotions are mostly contained and which can remain contracted. In this dance we will turn to our attention to our core, releasing, freeing, creating internal space.



We place our mindfulness on our Pelvis, Hips, Belly, Chest and let the movement come from there. To help this happen sink into knees, down into pelvis, pulsing torso, arms remain lifeless. The arms and legs may get involved but they are not dictating the movement, just responding. Connecting to our core is connecting to our emotional

body and allowing it to loosen.

song: yeyeye

4. Segmentary Movement of Neck

So much tension is held in our neck and shoulders. In this dance we will put our mindfulness on our neck in a very delicate way. We evoke Abandonment, Letting go, Gentleness.

We rotate the head slowly, with neck relaxed, eyes closed and mouth half-open.

During rotation of the head, it is important not to force extension. Rotation is slow and gentle, in one direction.

Dissolve tension in eyes, mouth and face. Evoke the feeling of abandonment, of letting go.

Song: Because



5 DANCES OF FLUIDITY - Series 1.1



Now we will **deepen our sensitivity** in a delicate dance of fluidity

We will involve the whole body in a process of sensitively gliding in space, so sensitively you can almost feel the air or if you wish you can picture you are touching the mist rising from a river in early morning.

Demo: Feet under hip, not too wide, not too narrow. Wrist whip up to shoulder level and back down. Like feeling the mist on river side. Not too high and not too low. All joint relaxed, flowing. Hands soft and wavy, elbow leads the movement. Knees soft, breathe, bounce up and down. Eyes open and soft, can close if they want to.

Song: Ask the Mountain

6. Free Dance of Fluidity

We will take this sensitivity and invite our whole body to joyfully move with lightness, freedom and ease.

Moving with grace and harmony.

The arms, legs, hips, belly, chest our whole body moving with levity with lightness. The movements are round and soft. Not in a straight, but randomly, exploring all spatial levels (vertical, front, back, top, bottom).

For no reason

Song: Happiness Is



Leunig

7. Down to Floor - Rest in peace

Song: Apo Stigmi Se Stigmi

Song: How could anyone tell you

8. Circle of Gratitude and reverence

The group slowly comes into a circle, sitting on the floor.

The circle throughout the ages represents community.

We started with a circle, we now end with a circle. We offer our gratitude for having had this time together, sharing our movement, our life.

Let's bow together as a thank you for having shared our evening of Mindful Movement.

Optional 9. Circle of Slow Activation

This one only if needed, otherwise just the circle of gratitude.

The circle of slow activation to have enable a bit more recovery of consciousness, but still conserving the quality of communion with the group.

Song: After Sunrise by Sergei Mendes

Stage 1 is Launched



Stage 1 Informal feedback and conclusions

As mentioned earlier, this first Biodanza Mindful Movement Sessions was trialled on 3 retreats. The first trial was with a group of 11 people, the second with a group of 14 and third with 16. In all three groups there was some people simultaneously online, which added to the facilitation challenge.

The first and second groups were more in line with a typical future audience, the third were more experienced practitioners and meditation teachers in their own right. This was potentially a bigger test, being experienced practitioners and teachers, their feedback and acceptance was going to be critical and very significant.

Here are some of the comments expressed verbally or by email a few days afterwards:

- 🌈 It was so good to move my body
- 🌈 I felt a release and relaxation
- 🌈 I ended up in such a deep and peaceful state and slept really well
- 🌈 At the beginning with the walk, I felt energy go up my arms and legs, it was like my whole body switched on
- 🌈 It was so good to move again. For so long I have not danced, I forgot what it was like, where can I do Biodanza?
- 🌈 I don't normally feel part of a group, tonight it felt great to be together
- 🌈 It was wonderful
- 🌈 The second last track is one of my favourites, I loved the whole session
- 🌈 Finally, we get to move on meditation retreats
- 🌈 I felt so much joy

This feedback was encouraging, my energy lifted. There was a sense that this vision that had begun 5 years earlier was bearing fruit, something new was being birthed and it was welcome.

This led to a bigger enthusiasm and a determined effort to develop the second stage.

The second stage was now about developing an additional Biodanza Mindful Movement session and developing a more formal way to measure the value and benefit of the session.

Part 6 – Stage 2: The Second Mindful Movement Session

The second Mindful Movement Session was to be on the fourth night (of a 5 day retreat) or sixth night (of a 7 day retreat) i.e. in both cases the last night of the retreat.

Energetically this is retreat phase 4 or the transition between retreat phase 3 and 4 (See pages 14,15). People have now been on 4 to 6 days of silence, cholinergic transcendent states dominant. They will be going home the next day, which can be a shock after so many days in silence.

Can Biodanza support and prepare them for this transition?

A number of energies may be occurring here, some people may be deeply settled in stage 3, having experiences of peace, oneness, connection with nature and resisting moving out of that. Some who may be experiencing another wave of emotion and who would benefit with release, and some whose energy is rising, maybe even bubbling and are already moving outward, looking forward to connecting with their families and friends.

Design and enunciation of the second Mindful Movement session

Intent and Flow of session2

The intent is to start with a slow activation to help them to gently come out of their cocoon.

Build up some energy by connecting to ground and their strength, channel this into some Joy and move towards increased sensitivity before connecting intimately with individual others and then finish with a slow activating circle connecting to the group.



Theme: Connecting to self, connecting to others

The theme of this session is to Integrate **Connecting to Self and Connecting to Others**, with the line of Vivencia of Transcendence and Affectivity. Transcendence to keep deepening regression and affectivity to begin to connect to other humans and their divinity.

Introduction

The theme of our Mindful Movement session tonight is to support the transition from being in your internal world for 6 days, preparing you to connect with others and returning to the outside world.

There will be a purposeful element of raising your energy levels and then give you the opportunity to feel and express whatever is present for you. From excitement to be returning home to reluctance to be leaving the retreat and all the shades in between.

1. Walk with affective motivation

This walk is about walking towards the things we love. We have been talking about Cultivating the Wholesome. The words in the song: 'I wanna wear a smile on my face, I wanna feel the laughter of a child, I wanna feel alive in every moment, I wanna feel the joys of every day. 'Cos feeling good is a choice that we all make'.

This first exercise is an Invitation to walk with an open heart sensing your aliveness towards what you want in life, walk opening chest and arms. Feel the music and the joy of walking towards new possibilities of being.

Feeling **the impulse initiated from the heart**. Start where you are and as you walk you may feel your heart opening more, and more.....

Song: *Feel Good*

2. Playing Capoeira

In life we need our **strength, to feel grounded**. The next exercise is inspired from Capoeira, a Brazilian martial art and dance form. We move to the beat of the music, our legs and feet connecting to the earth. Heels on ground, bent knees, movement back and forth. Do on own first, I will invite you to do this with another, we can experience being **grounded** and at the same time **interacting with another**, not losing ourselves. Then returning to doing it alone again.

Song: *Amorte do Capoeira*

3. Contagious Joy game

We can take life too seriously sometimes. Knowing we can find our strength we have the possibility to also lighten up and be playful. Let's enjoy the body.

With my 8 and 5 year old nieces everything easily turns into a game, joy just happens, one could say it is contagious.

A good type of contagious. This next dance is called Contagious Joy. One body part will start to move to the music, then the rest of the body gets affected and want to join in. It gets contagious.

And then let the body just be free, make a mess, enjoying itself for no reason.

Song: *Cha Cha Muchacha*



4. Facilitator Procedure

Just walk, breathe, enjoy the simple pleasure of walking.

Facilitator note - This is here to provide a smoother transition to Fluidity stop music at 2.33, lower volume before that.

Song: *The Girl from Ipanema*



5. Fluidity: Series 2

1. Standing feet apart, width of pelvis, arms hanging down, knees slightly bent.
2. Arms Hip high, we connect with our selves, feeling our own space, our boundary. Our individual consciousness, caressing the air, palms outward, sensitive arms

3. Shoulder high, we sense and connect to others, to the World

4. Hands above head we open to the Universe, Cosmos. Arms are parallel palms facing each other, above head, then facing outwards descend to side of body.

song: *Crossing The Ridge or La Petit fille*

6. Game of the Chinese Fan in Pairs

We have purposely been in our own internal world for the week, as if behind a veil. This next exercise is an invitation to come out, to take in the presence of another.

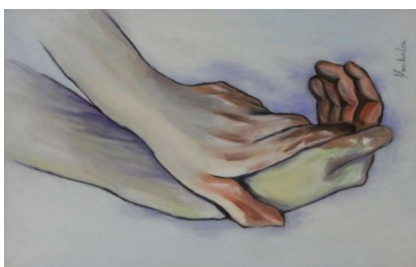
We will begin by veiling our eyes with our hands, with fingers slightly apart, like being behind a fan or scree (called Game of Chinese fan) peeking at the other

Taking them in and slowly we open our veil to see more of them and for them to see more of us till we are fully revealed. I

invite you to feel your impulse to come out and join the other and

the impulse to stay in your internal world hidden and the shades in between. That is a dance we are constantly navigating in life, to see and be seeing and to remain secluded. Bodies sometimes approach and sometimes move apart. Then we gently allow a dance to happen between us.

Song: *Fascinação*



7. Caressing One's Own Hands

Our hands do so much for us, yet often overlooked. They are huge part of us doing things, and a big part of connecting with others from a handshake to a hug.

In this exercise we are going to sensitively caress

our hands with tenderness and care. Acknowledging and offering gratitude for everything they do for us.

Sensitive and delicate caress, hands can sometimes embrace or cradle. Eyes can be open or shut or a bit of both.

Song: *Photographs*

8. Encounters of Hands and Gazes



We will now move towards connecting with others, connecting with humanity.

One hand on your heart, the other hand connecting with the hand of the other, and connecting with a soft gaze into each other's eyes. Connecting with reverence and open heart. Then with a gentle gesture of farewell move to next person. You can stop at any time, take a break or keep going.

Song: *Mother of Nations*

9. Slow Activation Circle

We end our session joining hands, feeling the circle, we are in community, we all belong.

This French song has beautiful words: Balayer, Balayer Sweep, sweep, sweep the wounds of my past. Everything looks beautiful, everything seems light as if the world was changing.

C'est La Vie: This is Life, Life, Life Oh, Life the mystery of magic and delight.

We celebrate our existence and being connected to others.


Holding hands we move slowly to the right

Song: *C'est la Vie*



The feedback instrument

This questionnaire was developed to get specific feedback on the effect of the Mindful Movement sessions and the perceived value on the retreat experience.



DIS - Mindful Movement Feedback

We invite your feedback regarding the Mindful Movement part of the Deepening Into Stillness retreat.

The intent of the First session was to support connection to the body and to promote deepening and relaxation. It began with gentle movement, some fluidity exercises and ended with you lying on the floor listening to soothing music. What did you experience from this session?

Long answer text

How was it going to sleep that night? *

It was more difficult than usual

It was the same as usual

It was easier than usual

I can't really remember

The intent of the Second session was to raise energy and to support transition. It began with grounding movement, a little joyfulness and ended in connection with others through hands and gazes. What did you experience from this session?

Long answer text

How was it going to sleep that night? *

It was more difficult than usual

It was about the same as usual

It was easier than usual

I can't really remember

Overall how did you find attending the mindful movement sessions affected your retreat experience?

Long answer text

Would you encourage us to keep offering optional Mindful Movement sessions on retreats, if so why or why not?

Long answer text

Launching the Mindful Movement application, May22

The first opportunity to introduce Mindful Movement as a more fully fledged Biodanza application on a retreat occurred in May 2022.

This is an annual retreat called Deepening Into Stillness, whichn along with my colleague, I have been leading for 9 years. This is the first time that we would bring two sessions of a Biodanza application to a retreat.

I owe a big thanks to my co-teacher and colleague Subhana Barzaghi, who was not only willing but also encouraged and supported me to try this out and participated wholeheartedly. Her own love of dance and faith that it would work was uplifting and enabled it to go ahead. I suspect few teachers in our lineage would not have been willing to try this out as this is not what is traditionally done on retreats.

The risks at the back of my mind were along the lines of: would two sessions of dance be too much, would people feel their silence imposed upon, would it detract from their retreat experience, would it disturb their inner reflection and isolation, would people feel it dilutes the deeper Buddhist teachings etc...

And so it began on May 2022 in a Brahma Kumaris Centre in Wilton NSW, with 19 brave souls taking part, 16 in the room and since this was a hybrid retreat 3 joined in on Zoom which added a dimension of complexity.



Informal feedback received by email May 2022

The week following the retreat the formal feedback form was sent out. Twelve people responded using the form and 4 replied informally by email. An 84% response rate. Here are the unedited responses by email:

'On returning home, life is crashing around me, as I expected, and the preparatory work that you did with us - the final morning, but also the previous evening's walk/dance/movement - has been fundamental to helping me adjust.'

*With Love
Andrea*

*'Hi Alan, I don't have a good enough memory of the effect on me at the time or my sleep other than I loved it and felt elated and actually now I think about it I was possibly over activated that first night and took some time to fall asleep.
'I do know that I would really like to do more of it but I've not been able to find any references to BO Danz- so I must be spelling it incorrectly. Suffice to say - a wonderful addition to 'sitting still' and 'being alone' . I'd welcome it again on any retreat.
Warmly, Deb*

*'Hello dear Alan , It was such a pleasure to spend the retreat with you. I fell in love with you during the first movement session, the way you delivered the work was wonderful.
With love and gratitude,
Nicholas.*

*'I appreciated your offerings deeply. My apologies for being slow in sharing my feedback about the mindful movement. I personally would love to see this continue being an optional part of the retreat programme and you have inspired me to go and explore Biodanza here in NZ.
Thank you again and I hope to do a retreat with you again in the future.
Ngā mihi maioha/kind regards'
Justine*



Formal feedback May 2022

Here are the responses from the formal feedback of the May22 trial. To keep the integrity of this qualitative assessment they are presented here unedited and in their totality.

Question 1: The intent of the First session was to support connection to the body and to promote deepening and relaxation. It began with gentle movement, some fluidity exercises and ended with you lying on the floor listening to soothing music. What did you experience from this session?

The movement was generally good. Seemed to help let go of some of the challenges of settling in over the first 2 days.

While I experienced resistance at first, it quickly melted away. I felt fluid, joyful, and relaxed.

i enjoy mindful movement. it helps me to explore body sensations. this session facilitated a sense of group connectedness with shared experience

I was very receptive to mindful movement activities, though initially I was anxious about dancing in front of people. I found the first session very well thought out and I believe it intended the stated purpose above. I especially appreciated the sense of joy and fun it brought to the retreat in the early stages, as they can be very introspective and heavy for a lot of people. It was great to have that balanced with the laughter and lightness of the movement.

It was joyful and grounding.

I did not attend this session. I was deeply focused on what was a pretty emotionally raw journey and I wasn't ready for anything too exploratory or interactive (I didn't know in advance whether I would need to be looking at others, standing in a circle etc). Perhaps if I had known in advance that it would be a more introspective experience, like the yoga was, I could have been more willing to attend.

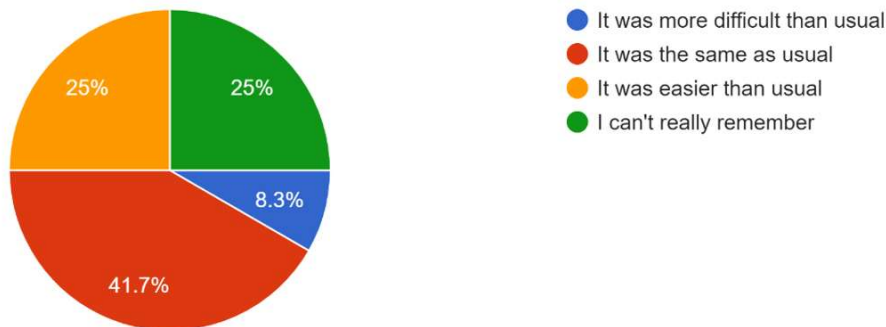
Feeling into my body a sense of fluidity, letting go tension, stiffness and tiredness. Also I felt energised, stronger sensations, a heightened sense of pleasure and relaxation at the end.

Didn't attend this session

I felt unsure about this initially, as I often find dancing makes me uncomfortable and self-conscious. However, I decided to trust the process (and that the teachers wouldn't throw into anything too awkward). I found that I actually felt really safe during the session. The atmosphere in the hall was lovely. Even though I tried to avoid looking at others, it was impossible to completely avoid it and actually quite freeing seeing others really getting into it too. I loved how each exercise, or mini dance, was paired with an intention, and I felt that embodying the intention via movement was landing deeper than only cognitive work would. Notes from my diary from that night (summarising the whole day, including this practice): "I

am so endlessly happy and grateful to have Subhana and Alan as my teachers. I love their open-mindedness, non-dogmatic approach and inclusiveness of various influences."

Question 2: How was it going to sleep that night?



Question 3: The intent of the Second session was to raise energy and to support transition. It began with grounding movement, a little joyfulness and ended in connection with others through hands and gazes. What did you experience from this session?

I enjoyed this session. Helped with transition. Fun. Connecting.

I thought you wove the transition piece very well. The hand to heart/ eye to eye was notably powerful. That was definitely the highlight.

Coincidentally, I entered this session feeling quite emotionally distressed and experiencing some very intense bodily sensations that were triggered during the previous dharma talk. watching the other participant brought up equal emotions of joy at noticing their enthusiasm and sadness at my own restriction due to overwhelming sensations in my legs and arms. i was able to take part in the slower movement component of the session. I found it very powerful to connect with direct eye contact with my fellow meditators. I benefitted from this component with increased feelings of community, acceptance and belonging

As my above statement earlier, however this time I believe it was a little too energetic for the time of evening.

Slightly confronted by the partner work but this was a positive experience because I was able to apply the awareness I had been deepening in the rest of the retreat to that feeling and the step fully into the experience. It was powerful to then do the movement whilst feeling safety.

I really enjoyed this session. It was a really embodied way to process transition and access joy and connection. A sense of it/memory has stayed with me in moments of interaction following the retreat too to remind me of grounding and relationality. I felt

nervous/vulnerable about some of the partner work but, once doing it, it was quite transformative and even healing (the hand touching/reaching out exercise in particular).

I entered this exercise with much trepidation, but the context you provided - to help with transition and engagement - instantly spoke to me as I knew I needed this. It also helped to have Alan demonstrating the kind of approach one might take before each song. The sequence was great. Starting with a little gentle joyous 'walking' was excellent for helping me to emerge from my cocoon and I was then more ready for the laughter that followed, but the most important piece was connecting to others with eye contact at the end.

The session was immensely helpful as I felt safe with everyone else in the room to be imperfect me. I really couldn't have faced this earlier in the retreat, but it was perfect for the last night and helped to lighten me up. I went back to my room a bit hyped, but strangely also calmer and happier. I suspect that I might otherwise have gone to bed with a sense of dread about what was coming next if we hadn't have had this evening. So in this sense, it actually helped, rather than hindered my sleep.

Loved all the movements, ranging between expressive energised movements, grounded stabilising movements to more inner softer caresses of the hands and then moving into connection and presence with another through hands and gazes. It felt more celebratory about life at the end in the circle of connection, moving fluidly as one, yet each uniquely in our own way.

Enjoyed it at first and found it a bit long - very tired by the end of the day

It was very good - felt good to make some connection with others near the end of the retreat I found it enlivening/energising - which I enjoyed. Maybe it took me out of being in my own space but it was good preparation for the ending of the retreat

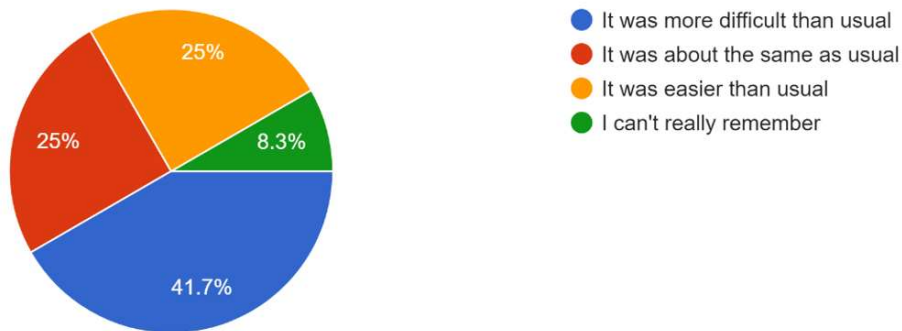
Oh, yes, the session definitely raised my energy! Again, I really enjoyed it. I felt anxious about the paired-up exercises, but they were actually quite beautiful.

I didn't find them too challenging, maybe because I luckily got paired with people I felt comfortable with. I did feel that the session prepared me well to the transition into the 'outside world'. I usually get a bit melancholic at the end of the retreat, but this time I felt more connected to the experience of life itself, rather than the experience of stillness and silence (well, maybe because I didn't manage to dive deep into my meditations this time).

I loved the intention behind each of the exercises.

I actually found these sessions deeply valuable for me and what I want to work on in my life (eg. being embodied, light and joyful, strong, connected, with clear boundaries but an open heart etc), so much that on return to Sydney I googled Biodanza and even emailed a couple of teachers, but sadly found that no regular classes are held at this stage in Sydney). Looks like Sydney needs new facilitators (wink wink). Super grateful for introducing it to me. And I think it really works well within a mindfulness retreat setting. But, maybe the end of the session can be a bit calmer as I was too energized and uplifted to go to sleep for a couple of hours that night.

Question 4: How was it going to sleep that night?



Question 5: Overall how did you find attending the mindful movement sessions affected your retreat experience?

I enjoyed it. It worked well for me in this retreat.

It definitely made it richer. These were actually the only evening sessions I attended. I typically turn really inwards at night but I also love movement. It was also nice for the variety and connecting to ourselves in a new way, and each other.

It brought a very welcome sense of joy to the retreat experience and really helped establish and deepen the connection with the other retreat participants.

It was a much needed experience I think retreats get too heady lots of talk about the body and not enough action. this was holistic and for me spiritually healing and uplifting.

Consolidated and deepened my experiences.

I really enjoyed it. I have another teacher who incorporates movement and dance into retreats, it feels quite natural to me and aligned with the process.

I can only respond with respect to the second session, but my overall response to that was that it definitely added to the experience for me.

Loved it. Dance and mindful movement awakens joy for me, fluidity, lightness of heart and creative expression.

Nice to have something more active and a bit different. Found the looking into others eyes a bit challenging

Helped me be more tuned into my body

They added a new layer of self-awareness. And were a highlight of this retreat for me personally.

Question 6: Would you encourage us to keep offering optional Mindful Movement sessions on retreats, if so why or why not?

| |
|--|
| Yes - not all retreat but good to have this in some retreats. It adds another dimension - connection, lightness, humour, fun and freedom of expression. |
| absolutely;) |
| Definitely |
| Yes, however I think it would be beneficial to perhaps explain the session a bit more in the retreat information so people understand what to expect. |
| Yes less talk and more action. Moving the body in space makes for a sensory and imaginative experiences and introduced into a safe space as it was, gives participants enormous permission to move in an expressive way which can be a release of body holding tension patterns and bring forward great joy. Excellent work. |
| Yes, my experience was entirely positive and beneficial. |
| Yes I would, particularly for transition, that session was really valuable. |
| Yes, with the caveat that I wouldn't want much more than I had. I think my responses above probably explain why. |
| Yes most definitely with a few twigs here and there. I probably need to be a bit more mindful not to get too excited and tone my energy down a bit, so i can sleep at night. |
| Yes, but make sure the sessions are not too long -20- 30 mins is plenty for me. |
| Yes, not as passive as some other sessions |
| Yes, definitely |



Part 7 – Analysis, Reflections, and Improvements

The written feedback and comments presented an overwhelmingly positive picture, with 100% support.

What I find reassuring is that the comments are not just about ‘it was good to dance’, or ‘I had fun’ many of the comments reveal the effect of Biodanza on people’s psyche and without being told much at all about Biodanza theory, they are revealing the very essence and value of the Biocentric principle. Comments like:

- ‘This was holistic and for me spiritually healing and uplifting’
- ‘It brought a very welcome sense of joy to the retreat experience and really helped establish and deepen the connection with the other retreat participants’
- ‘I actually found these sessions deeply valuable for me and what I want to work on in my life (eg. being embodied, light and joyful, strong, connected, with clear boundaries but an open heart etc)’
- ‘The most important piece was connecting to others with eye contact at the end.’

There are other comments that offer improvements to be made. A few expressed concerns with paired dances ‘I felt anxious about the paired-up exercises, but they were actually quite beautiful’. There were one or two others in the same vein. Point taken to reinforce self-regulation and give guidelines on how to do that.

Length of the session, and the time of night of the session was another area to adjust. In the future perhaps to try to do the session a bit earlier.

The other big area of improvement related to over energised states and effect on sleep. This was purposely included in the feedback form, as comments from the initial trials revealed this to be an issue. Particularly session 2.

How was it going to sleep that night?

| | | |
|------------------|------------|---|
| Session 1 | 50% | It was easier than usual |
| | 33% | It was about the same as usual |
| | 17% | I can't really remember |
| | 0% | It was more difficult than usual |
| Session 2 | 25% | It was easier than usual |
| | 42% | It was more difficult than usual |
| | 25% | It was about the same as usual |
| | 8% | I can't really remember |

The conclusion is that session 1 was OK but session 2 left 42% of people too activated for this time of night (we finished at 9.30pm and that is normal bed time on retreat)

Analysis from direct observations

There were 19 people in this session, 16 in the room and 3 on Zoom. A predominantly younger crowd than usual on retreats and that seemed to have affected how the session unfolded. It was interesting to observe that, as was anticipated, that people were comfortable and responded well to cholinergic dances, movements connecting more deeply to oneself, fluidity movements and dances of transcendence.

- The group responded well to the 'Walk with Affective Motivation', some were connecting well to the heart some were not quite sure. And some I could see did not have an ease with synergic walking as yet.
- The 'Contage with Joy game' was well received, the demonstration gave others permission to experience joy and playfulness. I was concerned here that perhaps my showing was too energetic as the room became quite energised.
Note to self: next time demonstrate with less energy and keep the joy more internal.
- The 'Game of The Chinese Fan in Pairs' felt really right to do, but some people took it more playfully than intended. Perhaps it was nervousness. It was meant to be more of a connecting experience. Some people did just that and some I felt missed the point.
Note to self: adjust the enunciation to focus not only on transition but life in general, we move towards others, and also need to feel the need to return to our inner space. Offer option once open that it is also OK to go behind veil again. One person said they opened very quickly and did not know what to do with the rest of the music so felt awkward. Perhaps shorten the music.
- Caressing One's Own Hands and Encounters of Hands and Gazes was very well received, people doing it beautifully. Some people said that was a special highlight.
- The Slow Circle of Activation, I felt got too activating, not slow enough. I need to review this ending. Having celebration of life in the enunciation and the music activated people more than intended. Perhaps after 6 days of sitting and rest people had lots of energy so it came out.
Note to self: Change the enunciation to fit in more with the energy of the encounters of hands and gazes. Focus on gratitude and community themes. Change the music and play it for less time.

Feedback from Supervision

Both session one and session two were supervised by Kate Clement and Catherine Borgeaud. They independently offered numerous personal suggestions and structural suggestions. Based on their feedback these are some of the changes made for the next retreat:

1. The enunciation to link more strongly to the theme of the retreat. Emphasise directing energy inwards to feel more deeply rather than just do wild, automatic movements
2. The 2nd session can be longer (1hr+) and the curve can have a little more activation and finish with a circle holding hands but slower activation. More in keeping with the standard Biodanza curve
3. The demonstration of the energetic dances can be a little more contained so as not to over excite people
4. Capoeira to be done with more fluidity. Choose partner more carefully
5. Add instructions to Contagious joy of also letting the body join in at the end, and importantly demonstrate it less dramatically
6. The fan dance to be shown in a more upright stance. Choose and rehearse a partner who would not be too frivolous and diffuse the intent of the dance. Refine the enunciation and use different music.
7. Add Generative Posture of Self-Intimacy before the caress of the hands
8. Fluidity 2, move hands from sides not in a stop gesture but more a sweeping sideways gesture, inviting sensitivity in the fingers and demonstrate slower
9. Encounters of hands and gazes, encourage gesture of completions before moving to next encounter
10. Closing circle to be a slower circle of activation with more gentle music. The enunciation to move from celebration which resulted in too high energy to an enunciation of gratitude and connection which would be more heart felt and gentle



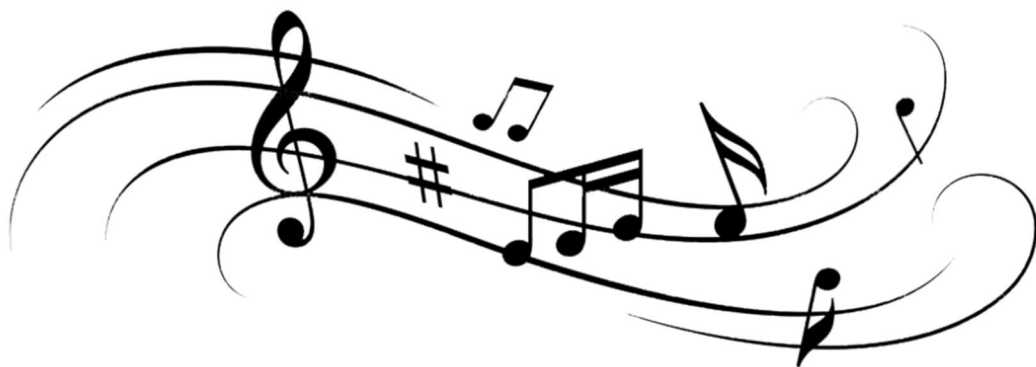
Part 8 - Stage 2: The Improvements are Tested

Biodanza Mindful Movement application June 22

The two Mindful Movement sessions were revised and adjusted based on the feedback, the supervision and personal experience.

We were ready to trial this Biodanza application the following month in June 22 on a retreat which took place in Byron Bay. This retreat was a 7-day retreat, with 25 people coming to the dance session in person and 7 joining in on line. A total of 32 people. The room was smaller than previously.

The design of both sessions is in the appendix



Formal feedback June 22

Here are the responses to the feedback of the June 22 final trial. To keep the integrity of this qualitative assessment they are presented here unedited and in their totality.

Question 1: The intent of the First session was to support connection to the body and to promote deepening and relaxation. It began with gentle movement, some fluidity exercises and ended with you lying on the floor listening to soothing music. What did you experience from this session?

I enjoyed the movement as it shifted the energy in my body and relaxed me after a long day of sitting (online). It promoted connection to the body as well as engendered the joy of listening to the music while experiencing what particular movement it generated for me.

I really enjoyed the session. It was very freeing. Loved all the different movements and being able to do it in a way that felt good for me.

I enjoyed the opportunity to move my body and become immersed in the movement in a more fluid way than I experience doing other movement eg mindful walking.

It was joyful and fun

I didn't do all of this session. I find at night, if I lie down and relax I fall asleep. Then can't fall asleep again an hour later - I'm awake after that relax!

At first I experienced feelings of awkwardness as it has been a while since I danced in a room full of other people, but then I let go and allowed my body to follow the music and found it to be a very joyful experience, connecting with myself and my body and others in the room

Really insightful - loved it.

The first session helped me to connect with my body and express its need for the pleasure of fluid, relaxed movement. The music was supportive in this deep feeling of relaxation. I wasn't a big fan of the final song, I would have preferred to ground down with a lyric-less song instead. Having Alan guide each activity was useful and a joy to watch. I slept easily and peacefully however I did wake up very early that night (though it would probably be more because of the full moon).

fun movement, a loosening up, letting go. It was quite stimulating (positively) so took a while to go to sleep but a good chance to be with the body as it was.

| |
|---|
| Fluidity, joy, fun, ease |
| Joy. Freedom and relaxation of the tight areas of the body. Emotional uplift. Peace and connection with others. |
| I enjoyed the different experience of movement and music |
| Didn't experience this one |
| Ease, fun and a connection to my body |
| I really enjoyed the gentleness of this practice, as well as the joyousness. It was also really supportive of listening meditation as a practice because it required a kind of attentiveness that we can take with us. |
| I loved it. I really loved the slow pace and simplicity of the movement invitations, this was important for its success, especially the first offering, and your delivery was perfectly your own, the Biodanza work suits you and you suit it. I experienced a great mixture of the joy and openness from the group shared experience - more interaction together in the space. The movement I always love. |
| I experienced a flow of gentle appreciation for my body, its uniqueness and inspiring capacity to move and connect with the subtlety of vibrations from various musical rhythms. |
| The intent of the session was fulfilled. I have regular engagement with mindful movement through Qi Gong and a dance practice, so it was lovely to encounter the opportunity to connect with my body, move and relax to very enjoyable music. A great session, beautifully lead by Alan. |
| relaxed, joyful moving with others . I really loved the emphasis on awareness and tuning in to yourself. I enjoyed the music and it was good to quieten at the end. |
| I experienced a soft sense of flow, energy moving around the body and the peace from allowing my body to move so slowly, exactly at the pace that my mind was. |
| I really enjoyed this |
| I found it really useful to connect to my body in a way. usually when I dance I am often out of my body allowing the music to move me. I found this session encouraged me to tune into my body first to see how it wanted to move. This is very useful for me as we are moving all the |

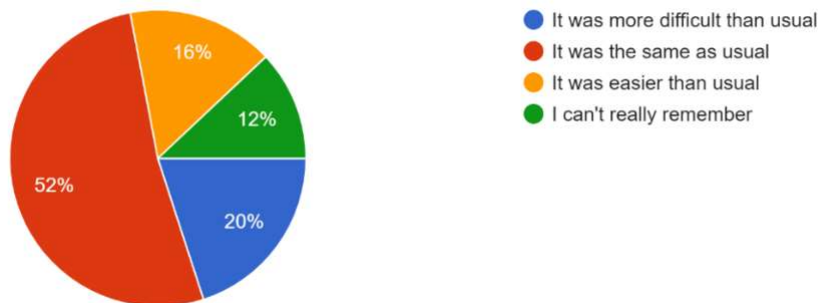
time in everyday life. Overall it was a very fun and relaxing. I really enjoyed the pacing of the different movements / dance types

not relevant

I absolutely loved the session. I feel a deep connection to my body, the profound flow of life force energy within me, all around me and in the space, a deep awareness and connection to my emotions. Deep presence.

It was a little more difficult to get to sleep that night but it was also full moon 😊

Question 2: How was it going to sleep that night?



Question 3: The intent of the Second session was to raise energy and to support transition. It began with grounding movement, a little joyfulness and ended in connection with others through hands and gazes. What did you experience from this session?

The evening engendered a lot of joy with wonderful music and a deep sense of connection. I experienced the hand movements with gazing as powerfully connecting in a really visceral way. Hands provided the opportunity to really move into the screen to 'touch' others. Very heart opening way to share.

As I hadn't realised the people on line were participating with the hands and gazes, I did my own dance with hands and had an amazing 'cosmic' experience; absolutely jam packed with love...definitely a highlight of the retreat.

I didn't enjoy this session as much as the first. I really enjoyed some of the movements. It was a bit strange doing it on-line for some of the partner ones as I didn't know who I was connecting with- it was just everyone and random and didn't know if they were connecting with me or not.

Did not do the one of hearts and looking into people's eyes. I don't like this usually and it felt particularly tricky after being on retreat and at home and the whole thing of who to do it with.

I loved it at the end when we were all connecting with each other as it felt like we were all together and feeling joyous.

This was a lovely way to bring the online and in-person groups together and to begin the transition to the conclusion of the retreat and transition back into daily life. I found it joyous and humorous and the sense of connection was tangible even online. I can imagine how powerful the hands and gazes connection was in person.

It was beautiful to watch, but not so easy to participate at home and alone. Also, the demonstration intro's were side on to the camera so not so easy to follow the movement.

I didn't complete the second session

I wasn't there

The second session was satisfyingly energetic, without being too stimulating for the time of the evening. I enjoyed the connection with others and would have liked to explore further interaction to support my transition, perhaps in a large group circle exercise. I felt ready for it by the final exercises.

Connection and more loosening up! Wish my Hubby was there to do the partner exercise with - i found them very intimate, fun and deeply connective.

I also loved watching Subhana perform the mask exercise, it was breathtakingly beautiful.

I experienced increased energy, joy and connection with other retreat participants. It was a great session to initiate transitioning from the retreat.

This was a deeply beautiful experience resulting in great warmth and connection with self and other. The hand face covering gazing between one another exercise was a bit disappointing as many people laughed and this made the intimacy feel less safe. Otherwise a wonderful beautiful experience.

It was very powerful especially the final activity with the hand and eye connection , even for those at home

A lot of inner energy, heart, grounding and some excitement

Great way to connect with others. Very powerful and moving.

I found this a deeply profound experience. I loved the focus on working with both boundaries and connection and doing it through movement gave me a somatic sense of how we move through life in precisely this way (rather than just having an intellectual or theoretical sense of this movement outwards and inwards - or between setting boundaries and connecting).

At the end, I felt so connected to the sangha, and such a strong sense of our paths being mutually supported and supportive. I was personally quite happy to hug anybody and everybody at the end, but I did wonder if that worked for everyone. People might have felt a kind of expectation to hug people when they didn't really feel like it.

It was actually very supportive for me to continue working through contact boundary issues with others. The movements alternating between closing and opening, connection with others and self. It was joyful and a great thing to do on the last night.

We did get reasonably chatty afterwards, must have been all those hugs. It was wonderful.

I experienced a great sense of intimacy, as well as joyful gratitude for my inner experiences and for my fellow participants and teachers. A beautiful sense of shared humanity and appreciation for being able to receive this second session was very palpable for me through the hands and gazes process.

Our transition towards ending the retreat felt deeply honoured.

Again the intent of the session was met. I really enjoyed the grounding exercises and found the 'connection with others' sequences quite moving. A lovely joyful session.

It certainly raised energy from starting tired to ending very awake and joyful.

Loved the music and interacting with others.

I loved this session, the slow unfurling of self into relationship with other. It was delicious, full of choice and the perfect support for coming out of the retreat.

I really enjoyed it though I left when the eye gazing and touching occurred as that kind of interaction with people who I do not know makes me uncomfortable.

Being in body - balancing connection with others and being with self and also feeling everyone else in the room.

This session was very informative for me on how I was feeling connecting with others towards the end of the retreat. I found the non-verbal/movement based interaction was easier to

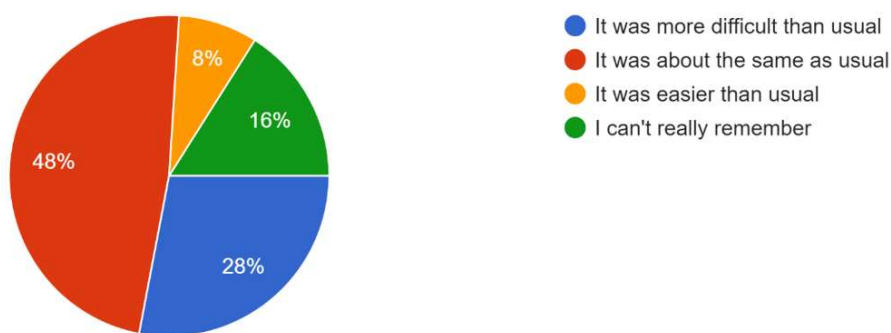
sense how I was feeling in my body when connecting and interacting with people (whereas verbal conversation it is easy for me to lose connection with my body and breath).

I found this session very useful to know where I was at coming out of the silence and encouraged me to transition slowly (due to the insights I got from the session)

A beautiful connection with my own feelings & emotions and also with people in the group. I enjoyed the opportunity to move & dance and the invitation to allow the body to do what it needed

I experienced so much joy, love, connection and a deep sense of gratitude. Gratitude for my teachers, that shared experience, the retreat, the teachings, Alan's amazing dance moves, my body, the pleasure and joy of moving my body and feeling the flow of energy.

Question 4: How was it going to sleep that night?



Question 5: Overall how did you find attending the mindful movement sessions affected your retreat experience?

I really enjoyed the sessions and found value in them. It was an especially nice way to bring me more into the room with you all and to connect more fully. It also provided a bit of lightness and fun while I was juggling various household responsibilities on retreat. Thank you for offering it.

definitely made me want more!!!

I felt it made it more positive. I loved moving in these different ways. It felt very uplifting. Different to what we normally do and I liked that. I also love music and dance so it fitted for me.

I found them to be a freeing and expressive way of getting into my body and a nice variation to the other practices we were invited to participate in. For me positioning them in the evening sessions was perfect especially if there is a winding down to stillness at the end of the session. It was one of the more memorable aspects of the online retreat experience for me but this is possibly because it aligns with 5 Rhythms practices which I am already familiar with.

Uplifting and warmly connective

Loved all of them. They enhanced the retreat experience.

For me, part of the retreat experience is noticing where I am contracted/afraid/ashamed- the places of old conditioning and really learning to face those parts, to allow them and to attend to them with compassion. This includes sometimes doing what I am afraid of.

The mindful movement brought all of this into focus for me and gave me an opportunity to feel those uncomfortable feelings and do it anyway! I think this is really useful and important and mindful movement is so much more than the intellectual knowledge, it is the actual experience. Powerful stuff. I think it helped to deepen my retreat experience.

Good

Loved the mindful movement sessions and would highly encourage this to continue in future retreats.

Great for shifting some negativity and body pain, loosening up the whole mind-body-heart! For me i love to dance and move, so very helpful.

I loved these sessions and they are a great combination of music, uplifting energy and mindful movement. They enhanced my retreat experience adding another dimension that I think is beneficial for wellbeing.

Beautiful supportive experience which deepened my connection and bridge to engaging with others from a mindful place.

I don't think it had an especially significant effect on my retreat experience except to say that it is really helpful to try different things to see whether they can be useful

It was great to let the body express by moving it and sharing the experience with other around feeling safe in silence

I found them interesting and enjoyable

I loved them - and also found them very supportive of my dharma practice. Since the retreat one year ago, even my meditations at home have been quite somatic and it feels like my body is telling me that I need to pay more attention to it in this dharma path we're all on.

complemented beautifully :D

I sincerely believe that these movement sessions were an integrative experience directly connecting body/mind and heart to the teachings of the Buddha.

It was a definite enhancement. (And the retreat is already fabulous...!). Also loved the evening of divine music....deeply affecting. Thank you.

Yes it was great to move in another way than yoga and to do some gentle connecting with others with awareness.

Loved them, they added the somatic body element and the human connection piece that was much needed.

I loved it and thought it was an excellent part of the retreat.

Loved it - moving and feeling into body

Absolutely loved it. Will actively seek out retreats with this as a part of it - Alan, I will be looking for retreats your teaching on :)

I thought it created a deeper connection for me to other participants. I was definitely a positive experience and added to my retreat experience.

It was one of my highlights! I loved it! I would absolutely love to do it again and found Alan's facilitation outstanding!



Question 6: Would you encourage us to keep offering optional Mindful Movement sessions on retreats, if so why or why not?

| |
|--|
| I think it is a useful optional addition though quite energizing and different to the rest of the retreat experience. Depending on how I feel at the time, I would want the option not to attend if I wanted to immerse more in deepening stillness and samadhi on successive days by staying more 'within myself.' I think some music and movement would be brilliant as a closing piece to end the retreat, connect this way and then break noble silence. |
| yes yes yes please..it brings a whole different dimension to the retreat; and makes it very accessible and not demanding. the music was sublime and very easy to connect with. |
| Yes I would. I think they fit because it is mindful. It is mostly doing something within yourself. It was joyous . Good to move after sitting so much. I think the first session definitely worked whether you were on-line or in person. The second session maybe needs a bit more thought about how it could work online with partnering. Maybe need more calming down at end of second session to get back into selves a bit. |
| Yes, if it is offered as an optional session then I think it is a very positive addition to the programme. Thank you for offering this to our group. I very much appreciated it. |
| Yes please , gives opportunities for online participants to connect with other onliners |
| Yes, definitely. Engaging the body in movement and music integrates the meditation and the teachings in a unique way. |
| I think it was a really interesting addition that certainly has value in terms of connecting with my body and experiencing a sense of liberation through doing that. I would love to do again on future retreats. I wonder if it might be better to just offer it for 1 night instead of 2? I did miss the poetry night! But I wonder if it might be a little too stimulating to do it on 2 nights? |
| Yes |
| These sessions can and should continue! Perhaps another option could be explored with in-person participants being able to interact with online participants. |
| Yes, why not offer it and people can choose on the day to attend or not given their circumstances. Both sessions were well attended so i think you should offer it! Thanks for the courage to share your dance passion Alan x |
| Yes, I think they are very beneficial. |
| Yes absolutely. I felt two sessions, one earlier and one near the end was just right. |
| I would encourage its use because you never know what effects an activity will have and on whom |
| Yes, it's a nice way to express emotions that we are experiencing during silence |
| Yes. I think they are fun and a valuable way of building connection to our bodies and to each other whilst maintaining the silence. |

Yes - I would encourage it, particularly if it's clear that people do not have to participate if they don't want to. Although we know that meditation is an embodied and sensual practice, it can be very easy to forget this (particularly for a person like myself, that spends a lot of time in my own head), and the mindful movement sessions really connected me both to my body and to my heart. I'm really grateful to Alan for pulling it together. I could see just how much preparatory work and gone into those sessions and I really appreciated it.

Personally I would. I'm a lover of dance so it would always be a yes for me. The slow pace and simplicity of movements I would definitely recommend. I would be curious about exploring the slowness a bit further - perhaps coming in and out of slow walking maybe... but it was all excellent and you could also not change a thing. It was a great complement to bring in some joy and interaction. Well done Alan!

Yes I would encourage you to keep offering these sessions. My answers above all speak to why.

Yes.

Definitely yes. It helps people to relax and let go especially as they may have been confronting some difficult emotions and body sensations while meditating. It brought some fun as well and lightened the atmosphere.

Yes

Yes! I love dancing and enjoyed the playfulness and movement aspects of it.

Yes - great complement to everything else and to being present to self

YES!

Yes, its a different way of exploring mindfulness and offers a different perspective.

YES! Please do!



Part 9 – Research Conclusion

The proposition at the start of this research was that the Biocentric principle and the Biodanza methodology can be adapted to enhance and enrich participants' experience of Insight Meditation Retreats.

The enhancement that was envisaged was not to just provide fun and relief but a much deeper intent for the unique gift of Biodanza to help overcome the deficiencies of the Buddhist and Judeo-Christian cultural lines.

Particularly, what Rolando termed the anti-life values of the Buddhist line and the intolerance to the possibility of pleasure and enjoyment in the Judeo-Christian line.

This research was done in two phases:

The first phase

Several trials were conducted, offering just one modified Biodanza session called Mindful Movement. This was to test the concept and gauge acceptance and gain information for further developing the application.

This was done on three different retreats, the anecdotal feedback was highly positive and encouraging.

On one retreat in particular, one participant, with many physical challenges, nevertheless came to the session, did the walking exercise albeit very slowly, did most of the other movements sitting in a chair and at the end reported that it was a wonderful connecting, joyous experience for her. This deeply touched me and gave me the confidence that if she could do it and get value everyone could.

In all a total of 41 people participated in stage one. The informal feedback received pointed to an overwhelming positive and encouraging reception to this modified Biodanza experience and its use on Retreat.

The second phase

The second Biodanza session was developed along with a qualitative measurement instrument.

Two trials were held on two different retreats, the first a 5-day retreat in May 22. After receiving feedback from this first trial of two sessions of Mindful Movement, input from supervision took place, improvements made and trialled again on a 7-day retreat in June 22. Both had the majority of people in house and some on line.

In all 51 people participated in stage 2.

Many improvements were made along the way. One in particular was the need to moderate people's energy levels in session 2 to support those who said they had

difficulty sleeping after that session. The results show that the changes we made did make an improvement, the score of 42% reporting sleeping difficulty came down to 28%, our changes are on the right track.

Written responses were received from 38 participants. The personal sharing of their experience was very powerful and moving.

What can we conclude from their comments? do the people perceive the deep value that Biodanza can offer or is their experience more superficial after having only done two sessions?

The feedback received reveals that Mindful Movement as an application of Biodanza was enormously beneficial on many levels. It would not do justice to summarise the comments, as the value is in reading each individual's expression.

The following examples though, are typical and give insight that **the value reported is integrated, deep and transformational:**

- 🌈 a freeing and expressive way of getting into my body and a nice variation to the other practices we were invited to participate in
- 🌈 I loved these sessions and they are a great combination of music, uplifting energy and mindful movement. They enhanced my retreat experience adding another dimension that I think is beneficial for wellbeing.
- 🌈 I absolutely loved the sessions. I feel a deep connection to my body, the profound flow of life force energy within me, all around me and in the space, a deep awareness and connection to my emotions. Deep presence.
- 🌈 I found this a deeply profound experience. I loved the focus on working with both boundaries and connection and doing it through movement gave me a somatic sense of how we move through life in precisely this way (rather than just having an intellectual or theoretical sense of this movement).
- 🌈 I experienced a great sense of intimacy, as well as joyful gratitude for my inner experiences and for my fellow participants and teachers. Our transition towards ending the retreat felt deeply honoured.

What is enormously encouraging here is that people are expressing the benefits of the Biocentric methodology from their personal experience without having been told to expect any of this or being told the theory.

The most conclusive of all the feedback was the response to the last question asked in both surveys:

Question 6: Would you encourage us to keep offering optional Mindful Movement sessions on retreats, if so why or why not?

38 out of 38 people gave a resounding YES, an extraordinary 100% YES.

One person expressed it beautifully:

‘Yes – a great complement to everything else and to being present to self.

Conclusion: Applying Biodanza in the form we called Mindful Movement offers a great deal, it is in alignment with the Biocentric principle, the Biodanza methodology and the practices and intent of Insight Meditation retreats.

Two Curves did indeed become ONE.

Rolando Toro was right, Biodanza can offer healing to the failures of the cultural lines and what has been demonstrated here is that it can indeed enhance their ‘value and glories.’



Part 10 - Acknowledgements

I would like to acknowledge my Insight Meditation co-teacher and friend Subhana Barzaghi for trusting me and my trust in Biodanza. Her confidence, encouragement and invitation to give it a try enabled this project to proceed.

My deep gratitude to Kate Clement, who initiated and for many years held the Sydney Biodanza community. For her enormous achievement in keeping the Biodanza school Australia running in the midst of the Covid pandemic. She has inspired me in the way she holds her role as Biodanza director, facilitator and yet not separate from our community.

Catherine Borgeaud for your generous feedback and suggestions, and for bringing Biodanza to Australia.

Heleen Fourie for your support, love, encouragement, energy, contagious passion of Biodanza and being a friend.

Akira for your input to designing session 2, bringing in a Brazilian sensitivity and tone.

To all my Biodanza Australia 3 school buddies, being on the journey together, the laughs, the tears and the many shared moments of love and ecstasy. All have enriched my heart. Our mutual encouragement has created a tide that carried me beyond what I imagined.

To all the teachers and participants who have supported the Biodanza World Encounters in Bali. An invaluable learning playground.

To Rolando Toro for everything.

Bibliography

Workbooks - all 26 from Training in the Biodanza system, as provided by the School of Biodanza, Australia.

Particular reference to manual '18. Applications and Extensions'

Biodanza, its principles, applications, and extensions (biodanzarolandotoro.com)

www.bionet.name/biodanza-research/IBF-science-department.php

Extensive book list of Buddhist texts

Part 11 - Appendix 1

Biodanza Application - Mindful Movement Session 1

| Exercise Code | DANCE | MUSIC | Music Code | Duration | Artist | |
|---------------|---------|--|-----------------------------------|-----------|--------|----------------------------|
| 1 | EAU0395 | Synergic Walk | Esperando na janela | MAU0189 | 4:23 | Gilberto Gil |
| 2 | EAU0132 | Open Vital space (Internal) max xtension | Breathe | MAU0171 | 5:00 | Douglas Spotted Eagle |
| 3 | EAU0345 | Rhythmic Dance With Central Movements | Ye Ye Ye | MAU0099 | 4:27 | Oryema, Geoffrey |
| 4 | EAU0238 | Fluidity: Serie 1 Start at 2.11 spotify | Ask the Mountain | MAU0046 | 5:42 | Vangelis |
| 5 | EAU0238 | Free dance of Fluidity | Happiness is | MAU0066 | 5:10 | Yungen Inamo |
| 6 | EAU0360 | Segmentary Movement Of The Neck & Shoulders | Because by Beatles | | 1:40 | Enya |
| 7 | EAU0284 | Procedure of Facilitation - rest to floor | Bilitis How could anyone tell you | IBF-17-16 | 3:23 | George Zamphir Shaina Noll |
| 8 | EAU0048 | Circle of Gratitude & Reverence | No Music | | | |



Biodanza Application - Mindful Movement session 2

| # | Exercise Code | DANCE | MUSIC | Music Code | Duration | Artist |
|----|---------------|------------------------------------|-------------------------------|------------|----------|-----------------------------|
| 1 | EAU0428 | Walk With Affective Motivation | Feel Good | MAU0016 | 5:21 | Lira |
| 2 | from Kate | Playing Capoeira | Amorte do Capoeira | | 11:31 | Mestre Suassuna e Dirceu |
| 3 | from Kate | Dance of contagious joy | Cha Cha Muchcha | MAU0283 | 12:43 | Ruben Rada |
| 4 | EAU0435 | Walking In Pairs (Self-Regulation) | The Girl From Ipanema | IBF-14-03 | 5:16 | Getz, Stan & Gilberto, João |
| 5 | EAU0246 | Game Of the Chinese Fan In Pairs | Ponteio.mp3 | IBF-17-05 | 2:21 | Branco, Waltel |
| 6 | EAU0239 | Fluidity: Serie 2 | Crossing The Ridge | MAU0256 | 5:59 | Dadawa Vangelis |
| 7 | EAU0284 | GP Self Intimacy | Bartock Quarted Adagio | IBF-17-15 | 4:43 | Schubert |
| 8 | EAU0036 | Caressing One'S Own Hands | Photographs.mp3 | IBF-11-18 | 3:18 | Mouskouri, Nana |
| 9 | EAU0232 | Fleeting Encounters | La petite fille de la mer.mp3 | IBF-17-01 | 5:53 | Vangelis |
| 10 | EAU0384 | Slow Activation Circle | Song of the Seas | MAU0204 | 5:59 | Vangelis |
| 11 | EAU0230 | Final Circle if needed | Shimbalaiê | MAU0085 | 3:17 | Maria Gadú |

