

# Knowledge without studies

## How much science is there in Biodanza?



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IBFed Empiric Research Commission

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## Knowledge without studies - 2 observations

**This presentation is based on two observations of the IBFed Subcommittee "Biodanza and Investigation"**

**Theory is replaced by evidence unrelated to Biodanza:**

Empirical studies are not anchored as a basis in Biodanza training programmes.

Theories are taught as "research" without scientific evidence.

*Example: Neuroscience/epigenetics are used to explain biodanza effects without drawing on biodanza studies.*

## Knowledge without studies - 2 observations

**This presentation is based on two observations of the IBFed Subcommittee "Biodanza and Investigation"**

**Research is not visible, is ignored:**

Empirical results promote the further development of Biodanza. However, researchers and studies are not actively included in the communication of theory.

*Example: Regression effects were explained in a Didacta training programme without scientific evidence.*

## Extended consequences of these observations

### Loss of credibility

Biodanza is perceived as unscientific and loses recognition in professional circles and institutions

- Biodanza remains excluded from official structures (e.g. prevention, therapy).

### Stagnation of further development

Without research, there is a lack of new impulses; the model stagnates because there is no critical reflection

- the method becomes rigid (rigidity of the theory and the model)

## Extended consequences of these observations

### Spread of half-knowledge, integration of aspects that not belong to Biodanza

Unsubstantiated theories lead to misinterpretations, false expectations and the untested integration of content that does not belong to Biodanza

- the method loses clarity, chaos arises (method chaos).

### Stronger esoteric stigmatisation and less attractiveness for new target groups

Biodanza is increasingly being pushed into the esoteric corner and excluded from serious discourse. Without a scientific foundation, Biodanza loses its relevance, e.g. for younger generations (hypothesis)

- the method remains in one target group (target group rigidity)

# Important distinction in the empirical sciences

Term	Definition of	Characteristics	Example
<b>Primary studies</b>	Own empirical data collection to answer a research question.	- New data is collected and analysed - Methodologically transparent & published.	One study measures the effect of Biodanza on cortisol levels in a sample.
<b>Secondary studies</b>	Systematic summarisation and evaluation of published primary studies.	- No new data material - Meta-analysis or systematic review - Methodologically documented.	Meta-analysis or literature reviews of all studies on Biodanza for stress.
<b>Literature-based argumentation</b>	Compilation of knowledge from books and articles without own data collection.	- Purely theoretical - Based on existing concepts, models, theories - No empirical test.	One author deduces that Biodanza could trigger regression because literature shows that dance promotes regression.
<b>Non-published empirical observations</b>	Own observations or trials without methodological documentation or publication.	- Practical experience - No verifiability - No peer review - Mostly anecdotal.	Someone describes the effects of Biodanza based on their own observations without having published studies on the subject

## Derived steps

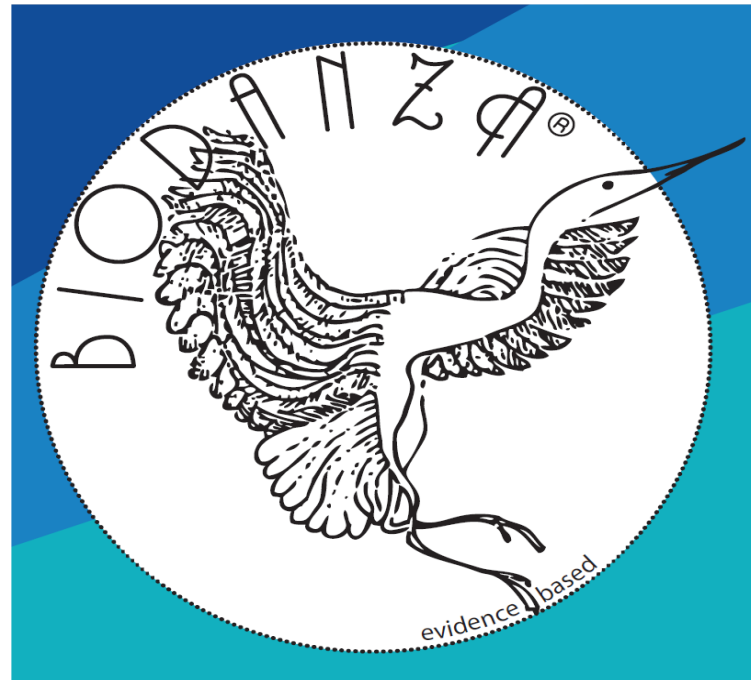
### Make a clear distinction

Empirically proven effects (primary studies, published and verifiable), theoretical or experience-based assumptions (e.g. founder observations, literature-based arguments) = statements such as "epigenetic effects" or "neuroscientific evidence" are not justified as long as no studies exist.

### Evidence-based programmes are necessary to reach institutions

e.g.

Children (TANZPRO-Biodanza for children)  
Teachers (TANZPRO-Biodanza for adults)  
Elderlies (TANZPRO-Biodanza for Elderlies)  
Water (TANZPRO-Biodanza Aquatica)  
Patients (TANZPRO-Biodanza-Clinic)



## Derived steps

# Strengthen scientific communication

Didacta training programmes and public lectures should include empirical evidence.

It is not enough to rely on academic titles ("works at university", "is a medical doctor" with a lot of experience)

= Biodanza-specific publications should be actively supported and utilised to ensure the quality of teaching and the Biodanza system.

Development of a Bionet database [www.bionet-research.com](http://www.bionet-research.com)

01

### Bionet Database for Biodanza

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02

### Bionet Journal "Biocentric Sciences"

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# BIONET

## Journal of Biocentric Sciences

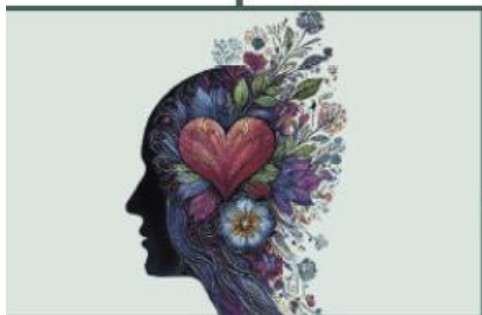
New horizons new paradigms  
in health and human development



healthy ageing



trauma & coping



biocentric health &  
new developments



education & intervention

Volume 5/2024

# BIONET

Special edition:

A new view on health -  
The Relative Biocentric Health Theory

**Marcus Stueck**



Special print - Schibri publishing house

**Journal of Biocentric Sciences**

Volume 5/2024

[www.bionet-research.com](http://www.bionet-research.com)

# Two Directions of Scientific Communication

Communication                      Communication  
Inward                      -----                      Outward

# One direction = Communication outward

**Focus 1:      Increasing the visibility of Biodanza  
                 through high-quality publications with impact factors**

High-quality publications resulting from research projects

At the moment there are about 15 high-quality publications worldwide with impact factors and 4-5 doctoral theses in universities (estimate)

# Editorial: Biocentric development: studies on the consequences of COVID-19 towards human growth and sustainability



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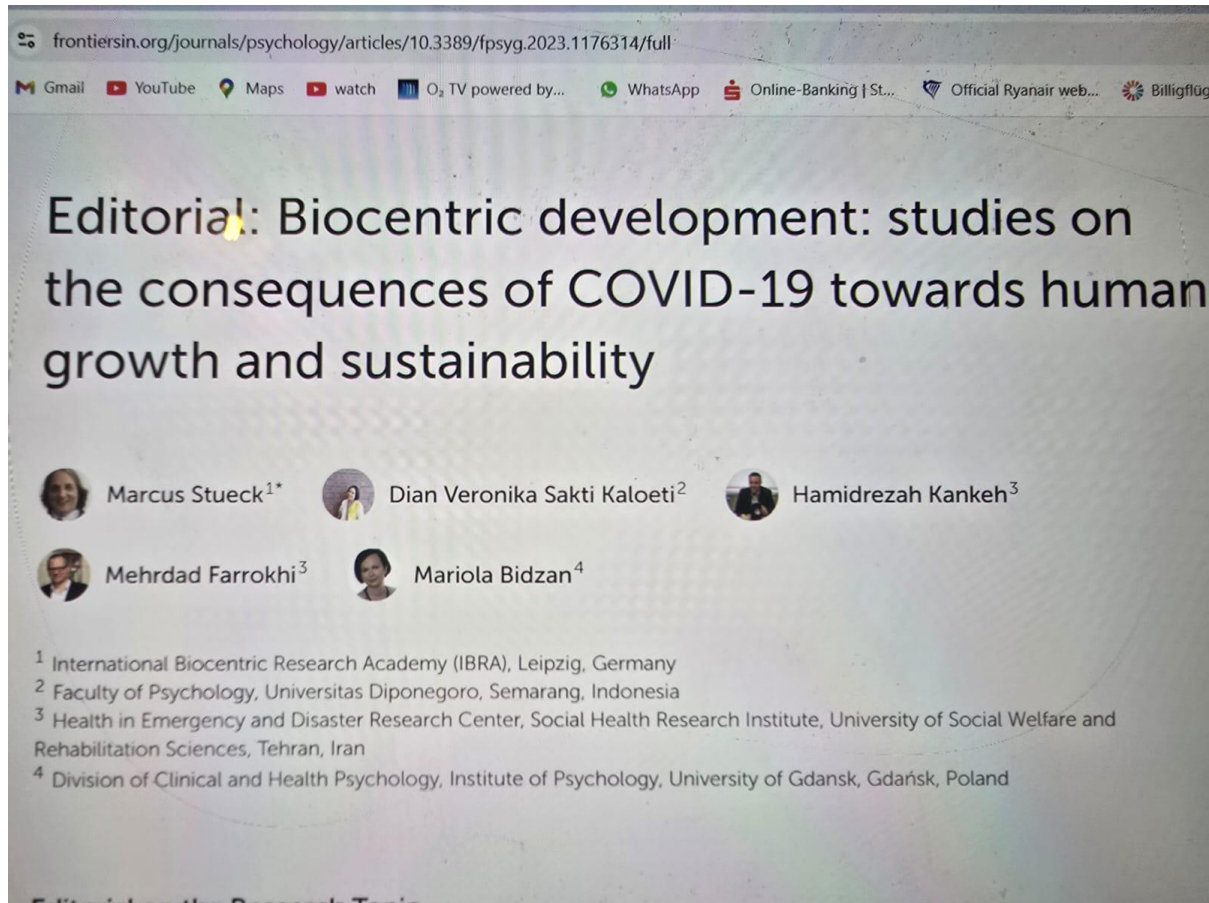
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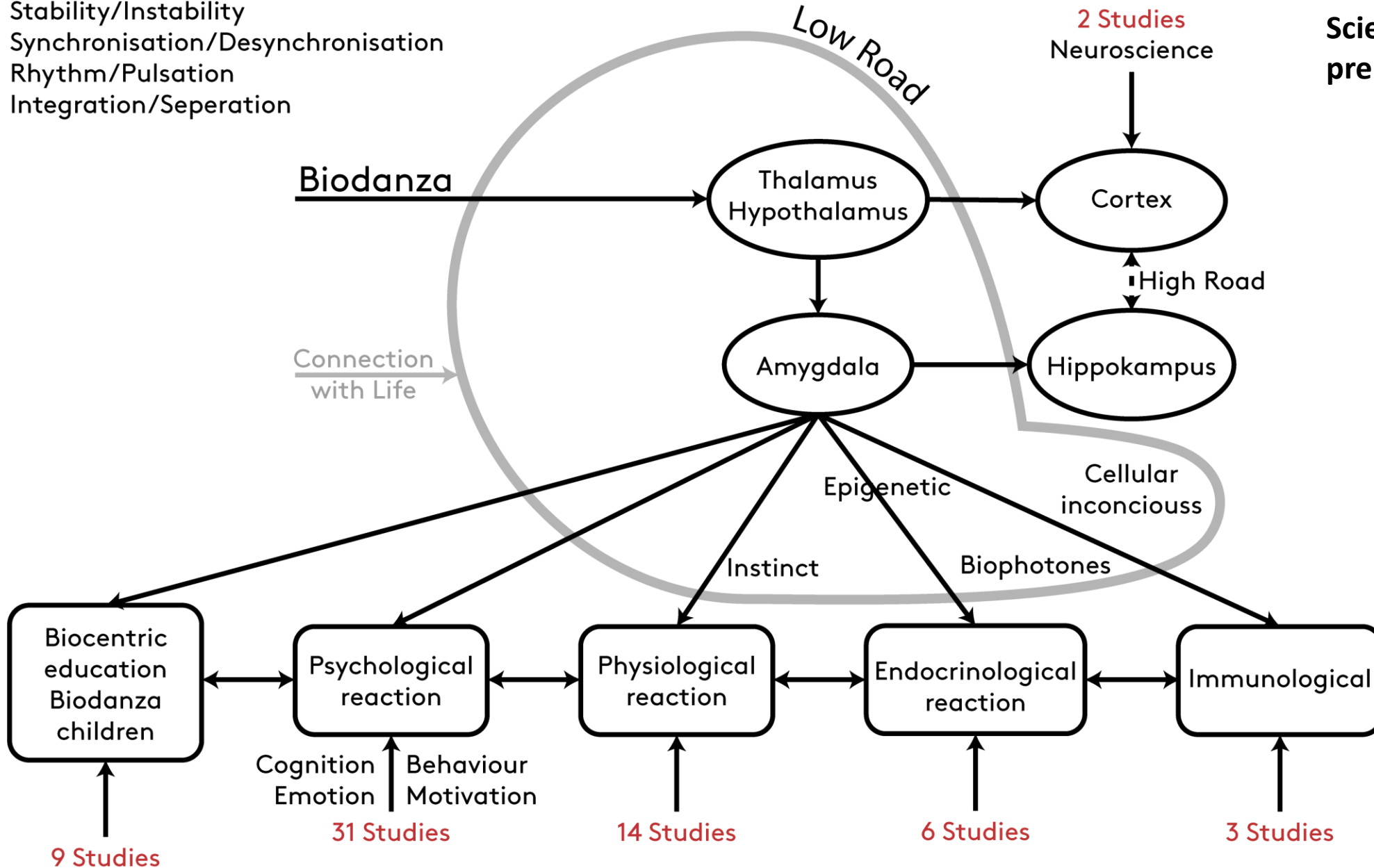
The Impact Factor (IF) of the journal *Frontiers in Psychology* for the year 2023 is **2.6**, based on the Journal Citation Reports published by Clarivate in June 2024

What is the biocentric reference level? [Schweitzer \(1966\)](#) already described it as a way of life where individuals live with compassion and respect for all living things-humans, animals, and plants. [Toro \(2010\)](#) developed ideas on a biocentric principle and education, which emphasise about the protection of life and thus the affective connection (empathy) to oneself, others, and all life forms in nature. This includes expanding ethical awareness about the intrinsic value of life and nature at the centre of consideration and research. [Stueck \(2021\)](#) defined and studied it in a Relative Biocentric Health Theory (RBHT) related to COVID-19, so called biocentric borders

Autoregulation  
Selforganisation  
Stability/Instability  
Synchronisation/Desynchronisation  
Rhythm/Pulsation  
Integration/Seperation

# Basic model of the Biodanza research

Stueck,M.(2025).  
Biodanza and Empiric  
Science. Publication in  
preparation.



# communication outward

## Focus 2: Research cooperation & doctoral theses

Conclusion of cooperation agreements with universities to promote biocentric research and supervision of doctoral theses.

Currently: 4 contract signed.

# Scientific studies about the relative biocentric health theory theory

1. Vahid Delshad (PhD, University Social Welfare, Tehran, Iran)  
(Supervisor Hamid-Kamkeh, Marcus Stueck)



2. Sebastian Müller-Haugk (PhD, Plauen University of Applied Sciences)  
(Supervisor Marcus Stueck)



# Internal communication

**Focus: Support in the production of scientific monographs in Biodanza (schools)**

We have planned an information seminar:

Wednesday the 29th of September 2025.

European time is 9:00 PM, South American time is 4:00 PM

## Derived steps

### **Investigate reasons for ignorance**

Why are existing studies not used? Is it due to a lack of knowledge, methodological reservations or deliberate delimitation? These causes must be recognised and actively addressed = a method needs evidence-based knowledge on indications and contraindications

### **Identify research needs and develop critical distance (critical reflection)**

There are gaps (e.g. no epigenetic studies, few neuroscientific studies).  
= Biodanza needs systematic, published research to empirically validate effects and to systematically review and further develop the Biodanza model.

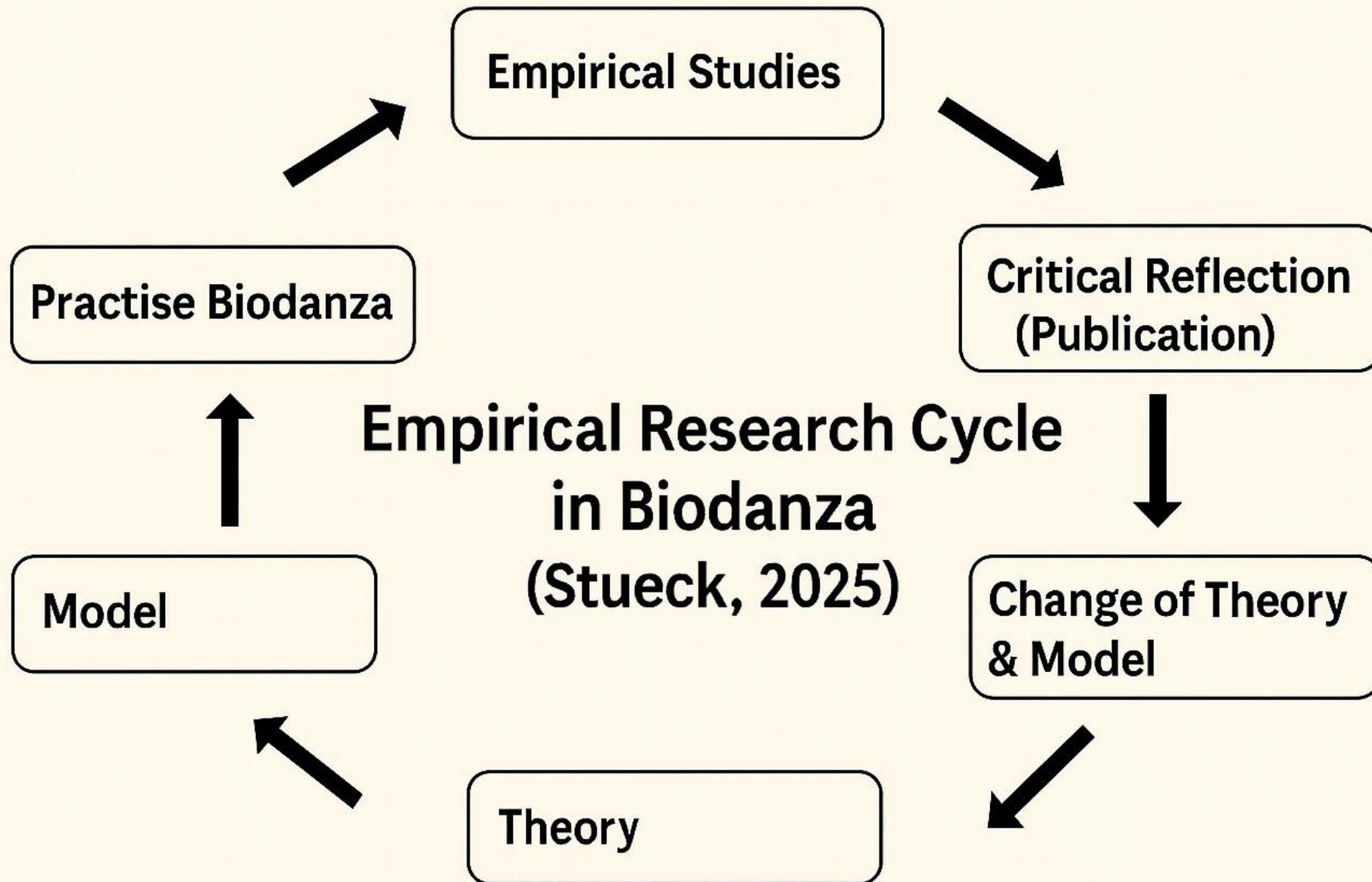


2008  
2010

**Con amor, para tí Rolando**



## When does a study become a study? (Stueck, 2025)





# Rolando 2009 in Africa

## "Look behind the categories"

His research wishes:

- Affectivity and blood pressure
- Endocrine system, immune system
- Epigenetic research and Biodanza
- Biophotons
- Biocentric Education





International  
**Biocentric**  
Research Academy  
IBRA

## Selection of ongoing research projects at the IBRA



- Psychoneuroimmunology, Biodanza & Biocentric Health Health (3 studies: Prague, Riga, Porto, Holland - start in November)
- Effects of the Minotaur (study in Riga)
- Biodanza Aquatica (2 studies, Gran Canaria)
- Relative biocentric health theory (2 studies + 1 doctoral thesis)
- Biocosmic patterns in Biodanza groups (study in Holland)
- The voice in trance in Biodanza (Argentina)
- Further biocentric research, e.g. chronobiological foundations





## Team of the Minotaur study in Latvia

International Biocentric Research Academy (IBRA)

University of Leipzig

Vineta Greaves, Oscar Imbernoon, Sebastian Mueller Haugk,

AneteRaykova, Ulrich Sack, Marcus Stueck





# Biodanza Aquatica Training and Research Center Gran Canaria

## Biodanza Aquatica Study

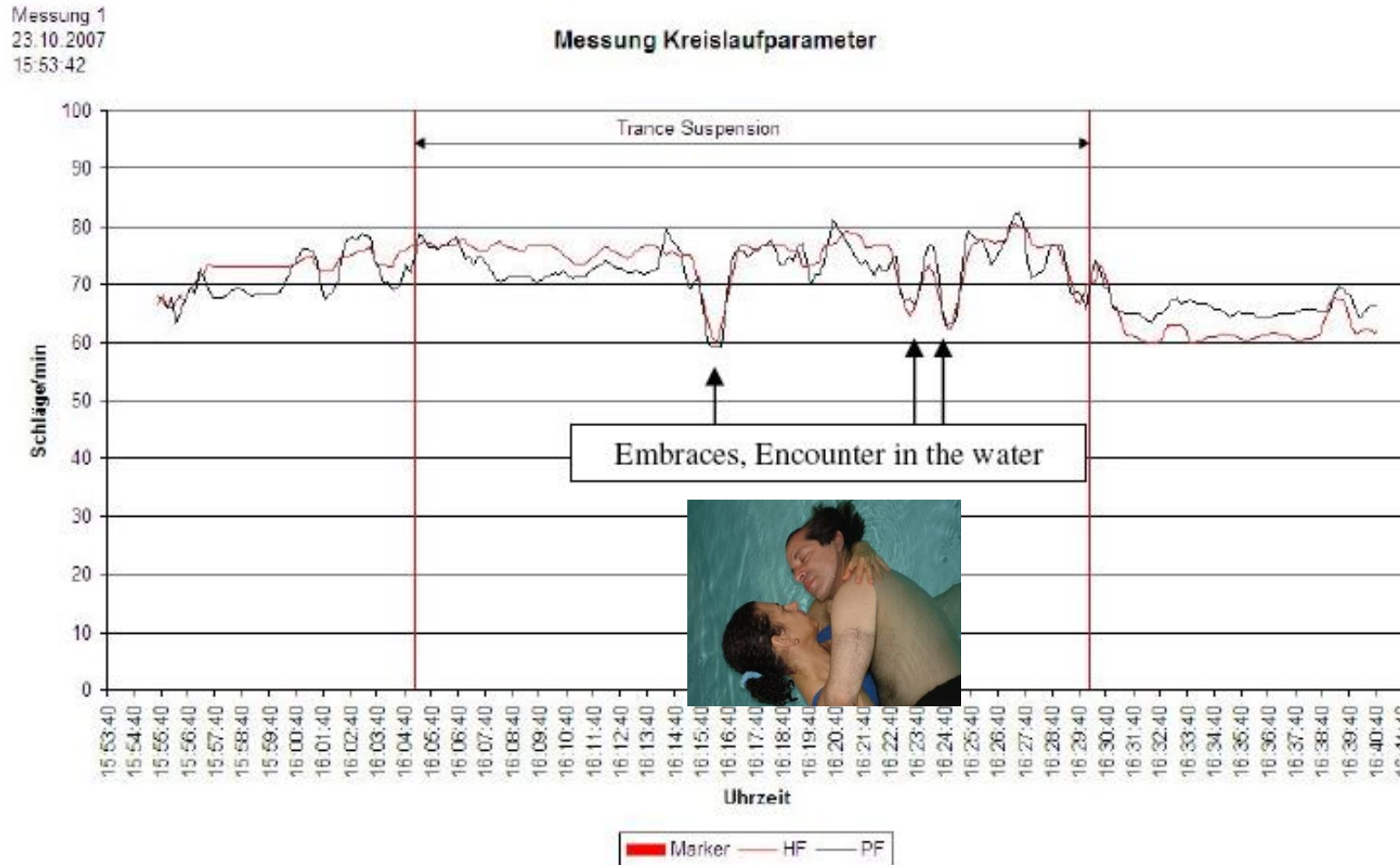
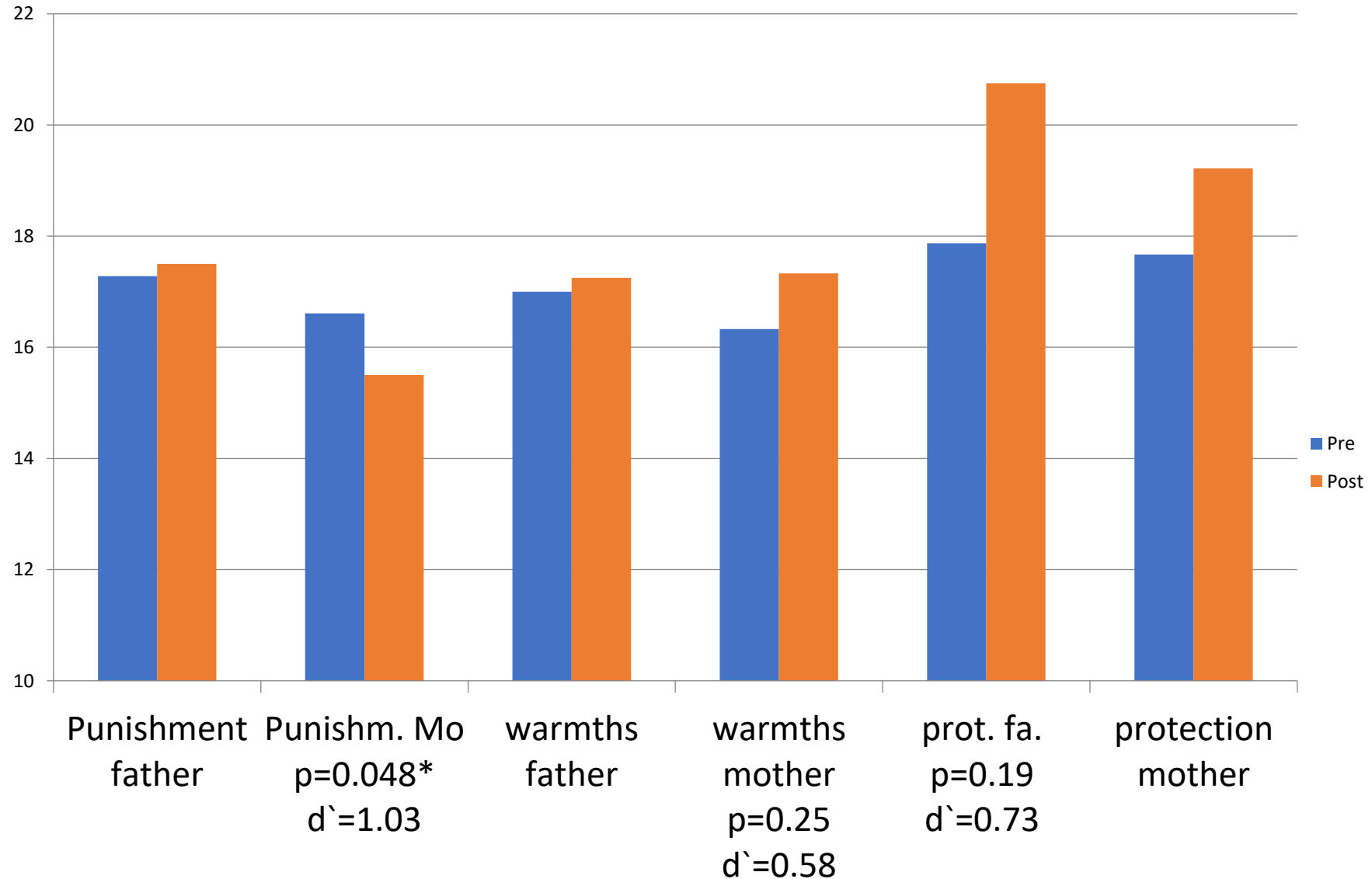


Figure 75: Physiological arousal



María Cañizalez Jerez

# Reparentalisation



# Repertory Grid Technique, Kelly

## Before Biodanza Aquatica



Figure 5: the distance before Biodanza Aquatica between father and mother to the elements

# Repertory Grid Technique, Kelly

## After 5 Biodanza Aquatica sessions

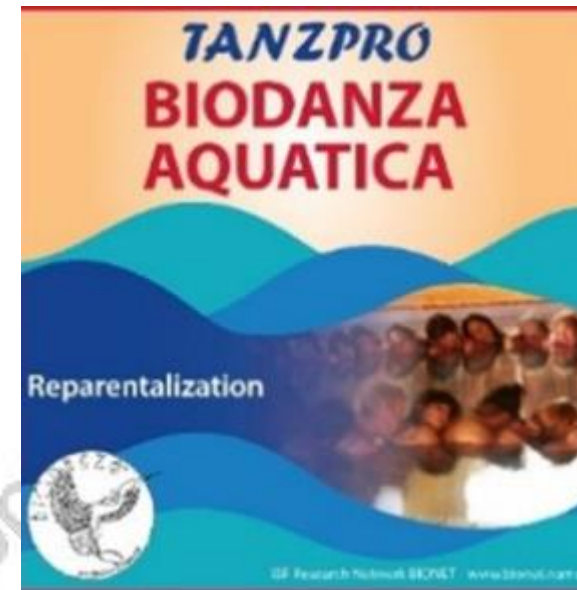


Figure 6: the distance after Biodanza Aquatica between father and mother to the elements





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03

## International Biocentric Research Academy (IBRA)

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04

## Trainings, Extensions & Conferences

[Coming soon →](#)

# Positioning of IBRA:

IBRA should remain an independent research unit in order to:

- Avoid conflicts of interest with politically oriented organisations,
- ensure the credibility of its research,
- maintain a critical distance from the Biodanza method,
- promote interdisciplinary dialogue with other scientific disciplines in an open and open ended manner.

The reflective, scientifically sound examination of the research results represents an essential regulator for Biodanza and its theory and model.

# Who can become a IBRA - member?

Any Biodanza teacher who has a research project and a concept.

They will be supervised in terms of content.

Starting in September, a short research group meeting is planned every month. A presentation is planned (20 minutes presentation, 40 minutes discussion). The supervision of the projects will also be discussed here.

Organisation by IBRA



# IBRA - Guest status?



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WhatsApp-Gruppe

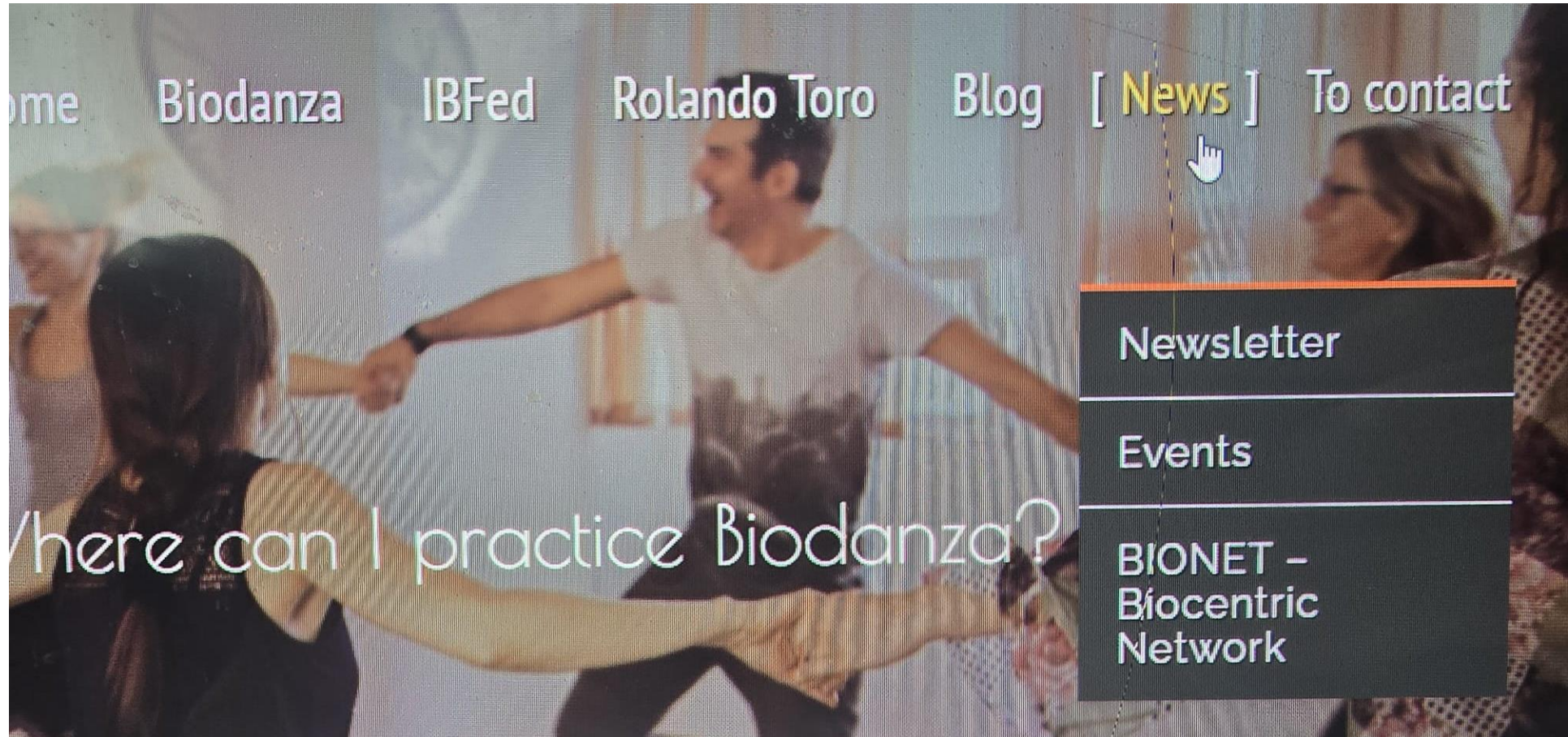


Der QR-Code dieser Gruppe ist privat. Wenn du ihn mit jemandem teilst, kann diese Person ihn mit ihrer WhatsApp-Kamera scannen, um der Gruppe beizutreten.

# BIONET

IBRA as a part of BIONET

Aim = biocentric networking among people who share the same vision to connect empirical Science with biocentric practise



Now also linked to the IBFed, [www.biodanza.org](http://www.biodanza.org)

# How can I become a member of BIONET?

Please write to [info@bionet-research.com](mailto:info@bionet-research.com)



Biodanza Social Forum

# BIONET



IBFed Empiric Research Commission

Emilse Inés Pola, Juan Gavilán, Myriam Sofía López, MarcusStueck



# Thank you for your attention!

## Any questions?

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[www.bionet-research.com](http://www.bionet-research.com)

