

The role of empirical research in Biodanza?

How much science is there in Biodanza?



Prof. Dr. habil. Marcus Stueck

IBFed Subcomisión
Metodológica
Biodanza e Investigación

Emilse Inés Pola, Juan Gavilán,
Myriam Sofía López, Marcus Stueck

**Download the lecture and three publications related to the
lecture at www.bionet-research.com**

Introducing myself

For self-reading

Introduction

30 years experience in research, Professor of Psychology

2 PhDs at Leipzig University (Yoga and Biodanza with teachers, research award for the PhDs 1997, 2005)



member of the IBFed Methodological Subcommittee "Biodanza and Investigation" together with Emilse Pola, Juan Galivan, Myriam Sofia

Director of the International Biocentric Academy (IBRA)
and Supervisor of several PhDs,

Director of the Baltic School of Biodanza in Riga



Head of the first Biodanza experimental and control group study worldwide 1997-1998 in B.Aires together with Rolando Toro and other colleagues.

Why this lecture?

Raising awareness of the importance of the empirical sciences in Biodanza and its organisation (e.g. International Biocentric Research Academy)

Analysis of the Situation about empiric science in the Biodanza movement

Introduction about the basics of Biodanza research

Introduce the IBFed Subcomission

The 10 parts of the lecture

Introduction

For self-reading

Introduction

- 1.The IBFed subcommittee "Biodanza and Investigation"
- 2.Publication of evidence in Biodanza
- 3.Organisation of Biodanza research
- 4.Rolando Toro and the empirical sciences
- 5.Critical observations on Biodanza research
- 6.The limits of Biodanza
- 7.Evidence and evidence-based practice
- 8.From research to practice
- 9.Are the models of Biodanza scientific models?
- 10.Strengthen scientific research, communication, publication

International
Biocentric Research
Academy
IBRA
Guest



The lecture will be repeated at IBRA – Guest Forum you can join as a guest and receive information about the time and Zoom link.

2 articles to study



El papel de la investigación empírica – ¿Cuánta ciencia hay en Biodanza? Marcus Stueck

“The Borders of Biodanza – An analysis on the base of the Biocentric Health Theory and the Legacy of Rolando Toro” Marcus Stueck

Download: www.bionet-research.com

Comment: It is very important to define the limits of Biodanza and to strengthen empirical research in order to protect its essence. Therefore, in the first part, I would like to speak briefly about the importance of the Subcommittee *Biodanza and Research*.

1. Who is the IBFed Subcommittee (Biodanza and Investigation)?
2. What was Rolando Toro's connection to the empirical sciences?
3. What critical reflections - observations has the Methodology Commission, *Biodanza and Investigation* Subcommittee made on the current state of empirical Biodanza research?
4. What is meant by empirical Biodanza research, and why is it of central importance for Biodanza as well as for the biocentric principle and biocentric education?
5. How is empirical research organised within the global Biodanza movement?
6. What conclusions and inferences can be drawn for the further development of Biodanza?

The role of empirical research in Biodanza?

Part 1

What is the IBFed Subcommittee on Biodanza and Investigation



Prof. Dr. habil. Marcus Stueck

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Emilse Inés Pola, Juan Gavilán,
Myriam Sofía López, Marcus Stueck

What and who is the IBFed Subcommittee "Biodanza and Investigation"?

She is part of the IBFed Methodology Commission

Its members are: Emilse Inés Pola, Juan Gavilán, Myriam Sofía López, MarcusStueck



Main purpose: To protect Rolando's legacy – preserving Biodanza as a scientifically grounded method.



Legacy Rolandos:

Person 1 (Sergio Cruz): *"He always giving a great importance to Biodanza being understood as a science and not as a magical discipline."* (quoted in Stueck, 2025)

That is why there is this scientific commission in the IBFed

6 Initial questions

Initial questions

1. Who is the IBFed Subcommittee (Biodanza and Investigation) and what does it want?
2. What was Rolando Toro's connection to the empirical sciences?
3. What critical reflexions/observations has the Methodology Commission, *Biodanza and Investigation* Subcommittee made on the current state of empirical Biodanza research?
4. What is meant by empirical Biodanza research, and why is it of central importance for Biodanza as well as for the biocentric principle and biocentric education?
5. How is empirical research organised within the global Biodanza movement?
6. What conclusions and inferences can be drawn for the further development of Biodanza?

The role of empirical research in Biodanza?

Part 2

Rolando Toro and the empirical sciences



Prof. Marcus Stueck

IBFed Subcomisión
Metodológica
Biodanza e Investigación

Emilse Inés Pola, Juan Gavilán,
Myriam Sofía López, Marcus Stueck

1998: First scientific experimental and control group study of Biodanza in Buenos Aires (Psychology and Psychology)



What was Rolando Toro like as a scientist?

Historical research: Original statements by Rolando Toros, text analyses

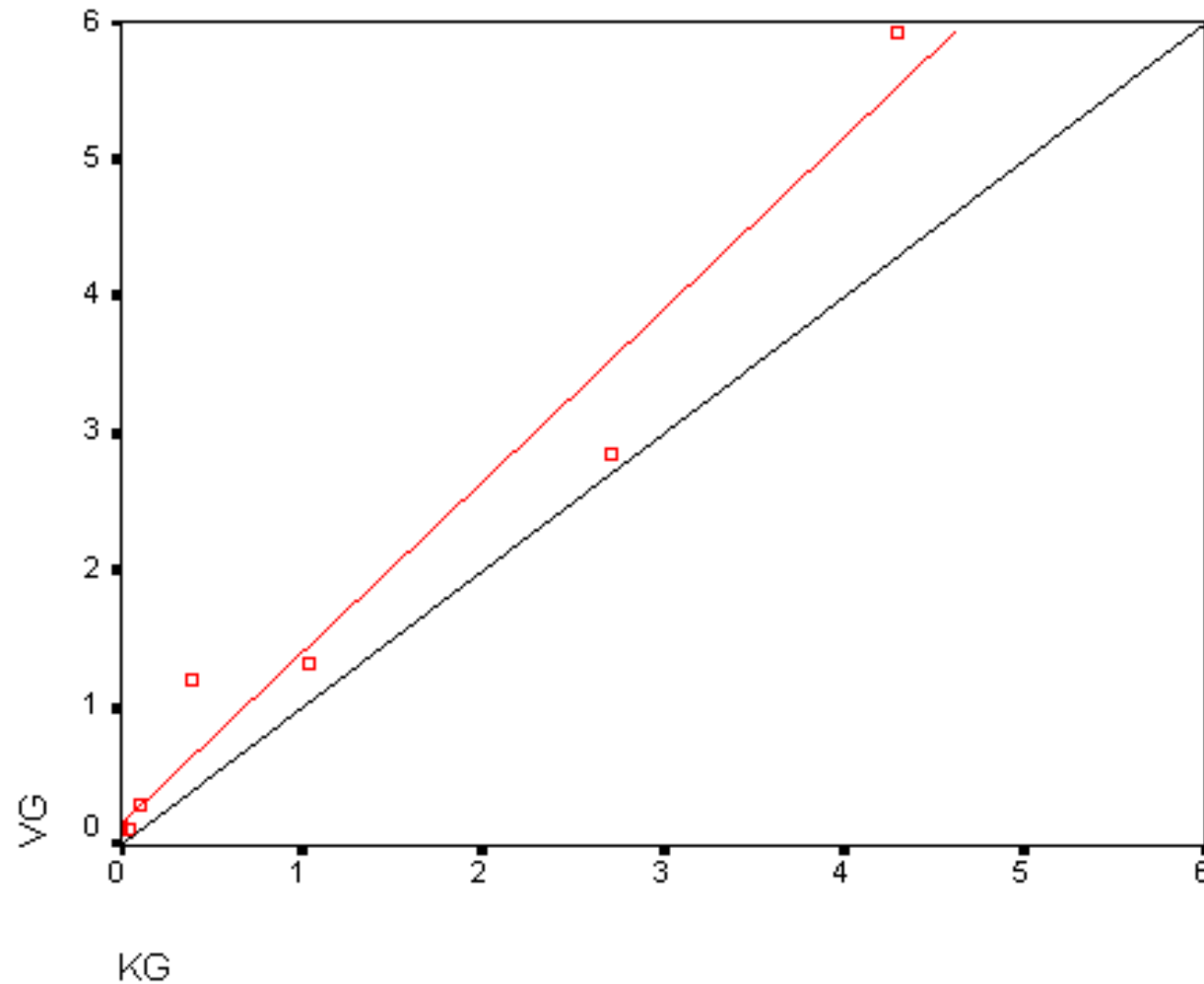
Person 1 (Marcus Stueck):

*"For me, the most important result of the research in Buenos Aires in 1998 was the **increase in optimism**... Young man, **look beyond the classifications**" (Milan, 2002)*

Person 1 (Marcus Stueck, Brazil, 1999):

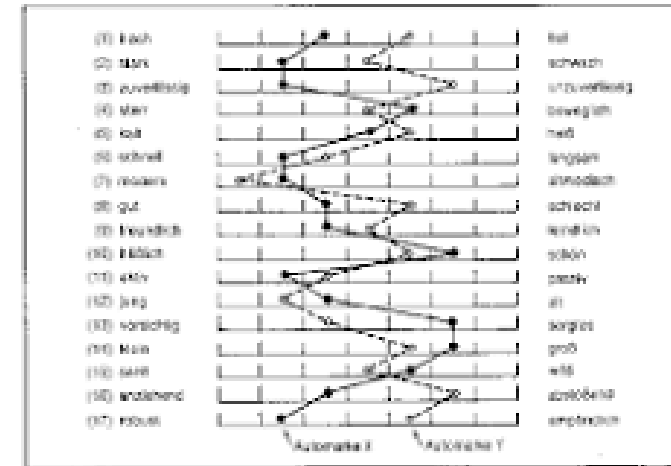
*"During one of the lectures in Brazil about the first joint project, he asked me which dimensions we would use with regard to Hofstätter's **semantic differential**. I was very surprised by his **detailed scientific and methodological knowledge** of psychological research."*

Semantic differential...Positive Change in the Concept of Life (Pre-Post 1)



• $P = 0.00^{**}$; $\eta^2 = 0.05$

compliant, 27;
tender, 21;
playful, 21;
dreamy, 20.



Valence (evaluation): good – bad

Potency: strong – weak

Activity: active – passive

Publication about the studies in review journals

DE GRUYTER OPEN

Signum Temporis 2016; 8(1): 57–66



Research Article

Open Access

Marcus Stueck, Paul.S.Tofts

Biodanza Effects on Stress Reduction and Well-Being – A Review of Study Quality and Outcome

DOI 10.1515/sigtem-2016-0018

Download: www.bionet-research.com

Rolando in Tanzania with the dean of a university, explaining what Biodanza is **with this first publication about empiric science.**



Stück, M., & Villegas, A. (Eds.). (2008). ¿Danzar hacia la salud? Investigaciones empíricas de Biodanza. Strasburg: Schibri.

Comment: This book contains all studies up to 2008.

The incredible thing is that no one reads or uses the publication.

What were Rolando Toro's research interests?

Marcus Stueck (Person 1): Question for Rolando Toro in 2009 in Tanzania/Africa

What are your empirical research interests, Rolando?

His answer:

- Biodanza with children (biocentric education)
- Affectivity and blood pressure = connection between love and biology
- Biophotons and Biodanza
- Epigenetic research on Biodanza
- Endocrine system, immune system



Last time I saw Rolando Toro in Tanzania, 2009

For self-reading

We were travelling through Tanzania in a jeep — a group of six: Rolando, Claire, Judith Mushi, Norbert Schluderbacher, my daughter, and me. He was not well known in Tanzania, and he clearly enjoyed that.

What really worked there was his Biodanza music — simple sessions with the original compositions. In the first session, we tried incorporating African music, but it didn't work. So he gave a very classic class for 100 people with AIDS in a clinic. He was inspired and taught the class alone.

At each stop, I gave a lecture on scientific findings — even at the Ministry for Women and Gender Politics. He demonstrated the value of hugs with Claire, and I explained the physiological effects of hugging based on my own studies.

I believe that's where he truly saw the power of combining empirical science and Biodanza within institutions. When we were at the airport, he turned to me and said, "My boy, we still have many projects ahead of us."

That was the last time I saw him. I miss him.



di Sandra
Moldi,
Facilitatore
di Biodanza

Un
ringraziamento
speciale a
Donatella
Bazzotti per
la mediazione
linguistica

Giovedì 16 Aprile ore 15. Mi collego con Zoom per intervistare il prof. Marcus Stueck (Università di Lipsia - cattedra di Psicologia), che da anni sta svolgendo ricerche a livello universitario sulle evidenze scientifiche del Sistema Biodanza e che, di recente, ha messo in campo in collaborazione con diverse università del mondo, un test per valutare l'insieme delle reazioni emozionali e comportamentali in questo particolare momento di pandemia.

Chiedo a Marcus di parlare brevemente del suo percorso di studi.

Ho studiato Psicologia a Lipsia e Londra e ho conseguito il mio primo PHD occupandomi dello yoga per bambini rispetto alla riduzione dello stress e dell'ansia. Parallelamente stavo facendo



Rolando Toro e Marcus Stueck in Tanzania, Università di Bergamo (2009)

delle ricerche in Argentina e qui ho incontrato Biodanza (1995)

Hai conosciuto di persona Rolando Toro il fondatore di Biodanza?

Sì, l'ho conosciuto nel 1997 assieme ad Alejandra Villegas (con la quale collaboro anche oggi). In quell'occasione gli abbiamo chiesto se fosse interessato ad effettuare uno studio su Biodanza riguardo agli effetti psicologici e fisiologici della pratica: Rolando ha risposto con molto entusiasmo all'idea. Così nel 1998, in collaborazione con Veronica e Raul Terren (docenti di Biodanza), abbiamo portato a termine i primi studi all'interno di tre università a Buenos Aires, lavorando attraverso parametri di carattere psicologico e andando a misurare soprattutto l'effetto della riduzione dello stress. Studi sugli aspetti psicologici di Biodanza (Buenos Aires 1998-99 e successivamente a Lipsia) con Rolando Toro, Raul Terren e Alejandra Villegas

Hai proseguito questi studi?

Sì ho continuato a lavorarci a Lipsia nel 1999 e Rolando mi ha sempre seguito con vivo interesse. Poi la ricerca si è estesa al mondo della scuola e agli effetti di Biodanza sul sistema immunitario, sulla fisiologia ed endocrinologia. Uno studio particolare l'ho dedicato a Biodanza acquatica in collaborazione con l'Istituto di Immunologia e psicologia di Lipsia e con questo lavoro ho concluso il mio PHD per diventare docente universitario (2007).

Questo secondo passo ti ha aperto altre opportunità oltre a quella dell'insegnamento universitario?

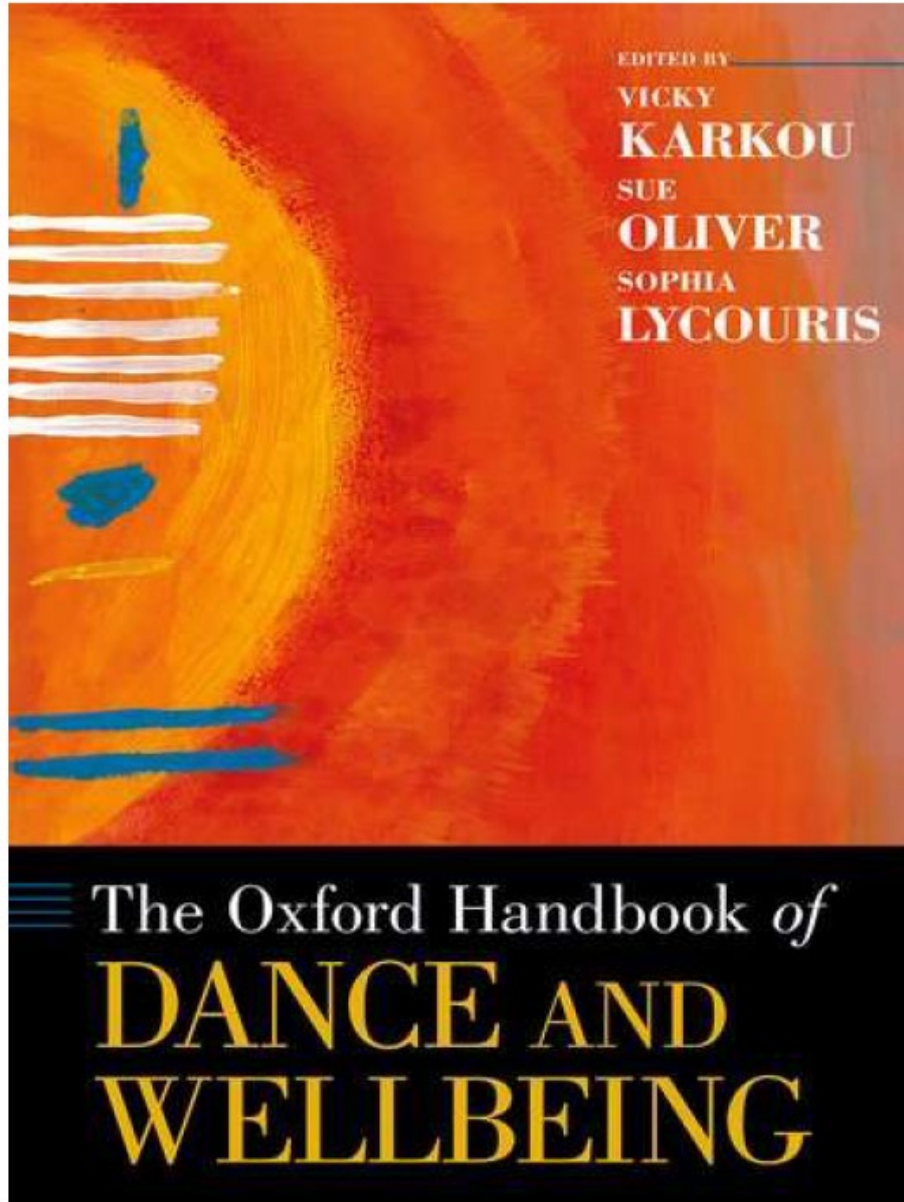
Sì perché ho ottenuto dal governo l'incarico di occuparmi di un progetto definito "Biodanza Children evidence" che riguardava gli effetti be-

Derivation:

- Throughout his life, Rolando Toro saw himself as an empirical researcher. On this basis, he developed and protected the Biodanza method.
- His own studies served as a benchmark for selecting the elements of the system. Unfortunately they are not published in scientific journals.
- His research wishes reveal which aspects were particularly important to him. I was surprised, that he didnt mention Neuroscience.

We have been working on Rolando's wishes for almost 30 years!

Rolandos research wish 1: Biodanza with children



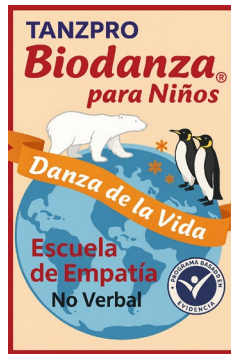
Because of copyright reason we can only give an short view on the article. Please look in the list of the articles on BIONET page to download full articles about the research.

CHAPTER 4

EVIDENCE-BASED BIODANZA PROGRAMMES FOR CHILDREN (TANZPRO- BIODANZA) IN SCHOOLS AND KINDERGARTENS

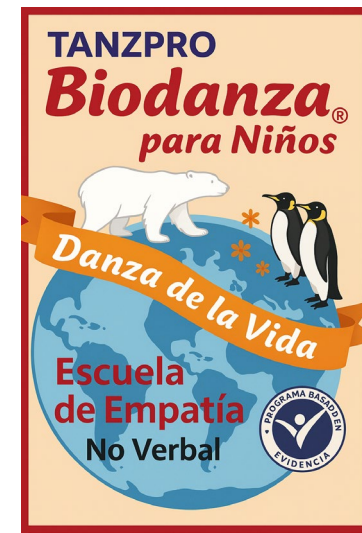
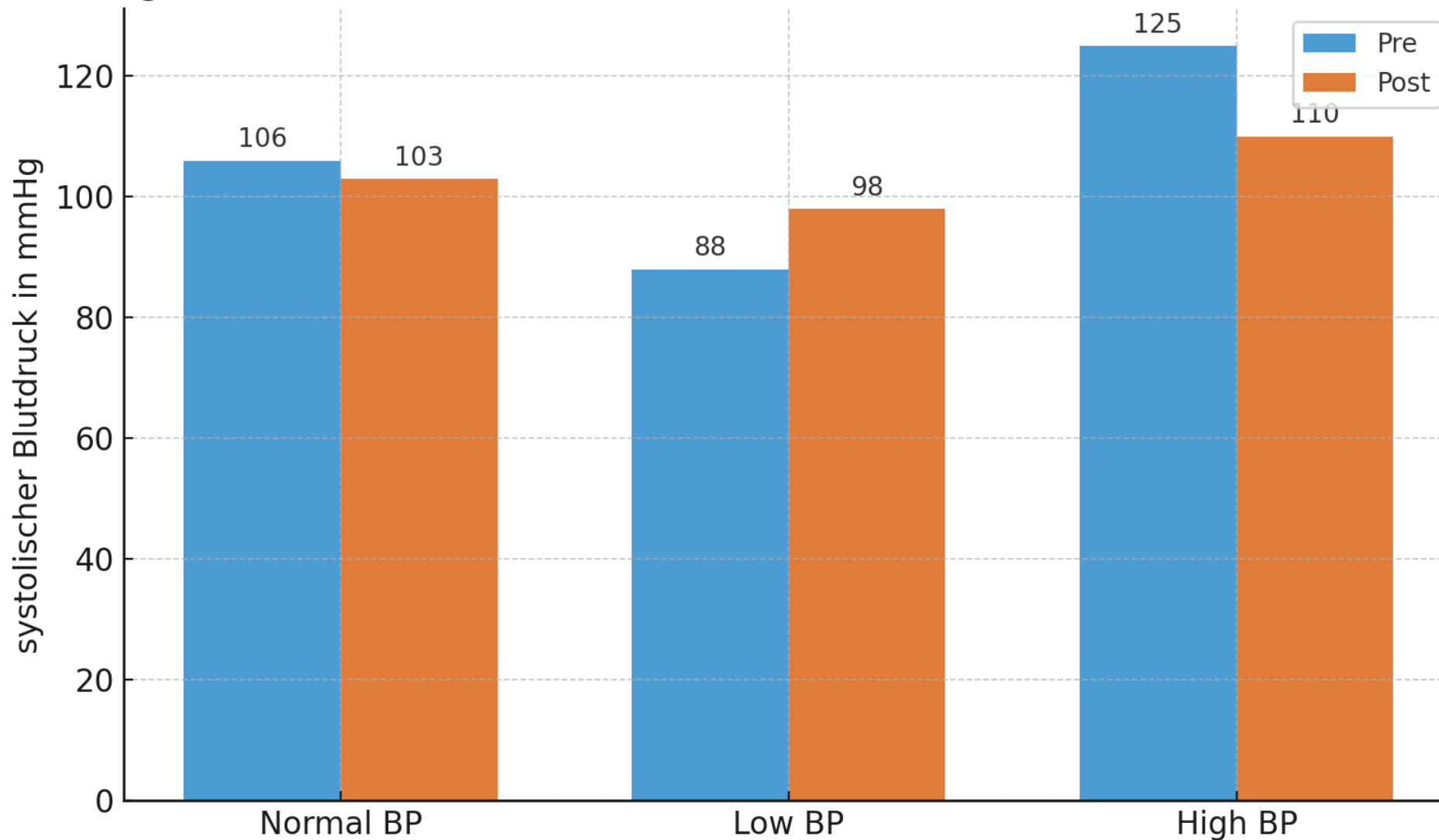
*Some Effects on Psychology, Physiology, Hormones,
and the Immune System*

MARCUS STUECK AND ALEJANDRA VILLEGAS



Rolandos research wish 1: Biodanza with children

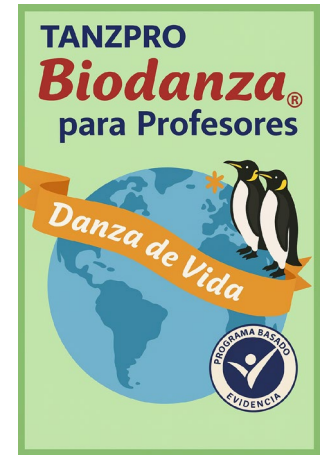
Change of Blood Pressure before and after Biodanza with school-children



Rolandos research wish 2: Connection between love and biology

Stressrelated Hypersensitivity decreases the capacity for empathy

Psychological assessment scale + measurement of the Stress-Hypersensitivity	M Hypersensitiv	SD	M not hyper-sensitive	SD	p	Effect size
Capacity for love (empathy) (T-value)	42.18	7.33	47.97	7.85	.01	.76



Stück, M., Schoppe, S., Lahn, F. & Toro, R. (2013). Was nützt es sich in jemanden hineinzuversetzen, ohne zu handeln? *In ErgoMed / Praktische Arbeitsmedizin*, 6/2013 (37) 38-46.

Because of Biodanza decrease of stressrelated Hypersensitivity

Raykova, A. (2012). Stressreduction with Biodanza in teachers. *Pädagogische Hochschule. Masterarbeit*

Because of Biodanza increase of empathy (verstärkter Blickkontakt to Schülern, bessere Beziehung)

Stück, (2007). Stressreduction and Yoga in teachers. *Strasburg Schibri*

Rolandos research wish 3: Biophotons

For self-reading

Preliminary
conclusion



Hypothesis = Biodanza, encounter and movement could promote "light emission" or "coherent cell communication".

Derivation:

- This is **not scientifically proven** – it currently falls more into the realm of hypothesis/metaphor than experimental evidence.
- There is a risk of **pseudoscientific misinterpretation**
= something seems scientifically but it is not



There are a lot of Hypothesis about epigenetic, but there is no research on epigenetics in relation to Biodanza

Examples of literature-based reports on **Biodanza and epigenetics** that are presented as effects of Biodanza = most is **pseudoscience, except the last one:**

- Admin Biocentric Steps: *Epigenetics in relation to Biodanza* (PDF, theoretical elaboration)
- Varela, L. (2021): *Epigenética y Neurociencias en relación con Biodanza* (monograph, Asociación Biodanza Ya, Argentina) biodanzaya.org
- AIPOB (Italian Biodanza Organisation): Article *Epigenetics and Biodanza* (blog/essay, not peer-reviewed) aipob-biodanza.org
- Biodanza.org: Article *Neurogenesis and neuronal plasticity* – refers to neurobiological and **hypothetical epigenetic mechanisms in the context of Biodanza** biodanza.org

Rolandos research wish 4: Epigenetics

For self-reading

There are a lot of Hypothesis about epigenetic, but there is no research on epigenetics in relation to Biodanza. In other disciplines YES.

Example: Own study Gene expression in high altitude (publication in preparation)



Rolandos research wish 4: Epigenetics

For self-reading

Preliminary
conclusion

Derivation:

The work on epigenetics in Biodanza uses scientific terms (e.g. DNA methylation, neuronal plasticity) **without** presenting **any experimental data of its own**. It is based on literature. This creates the impression of a biological scientific basis that has **not** yet been **supported by studies**.

We can not built a method on this literaturebased knowlegde. It is pseudoscientific

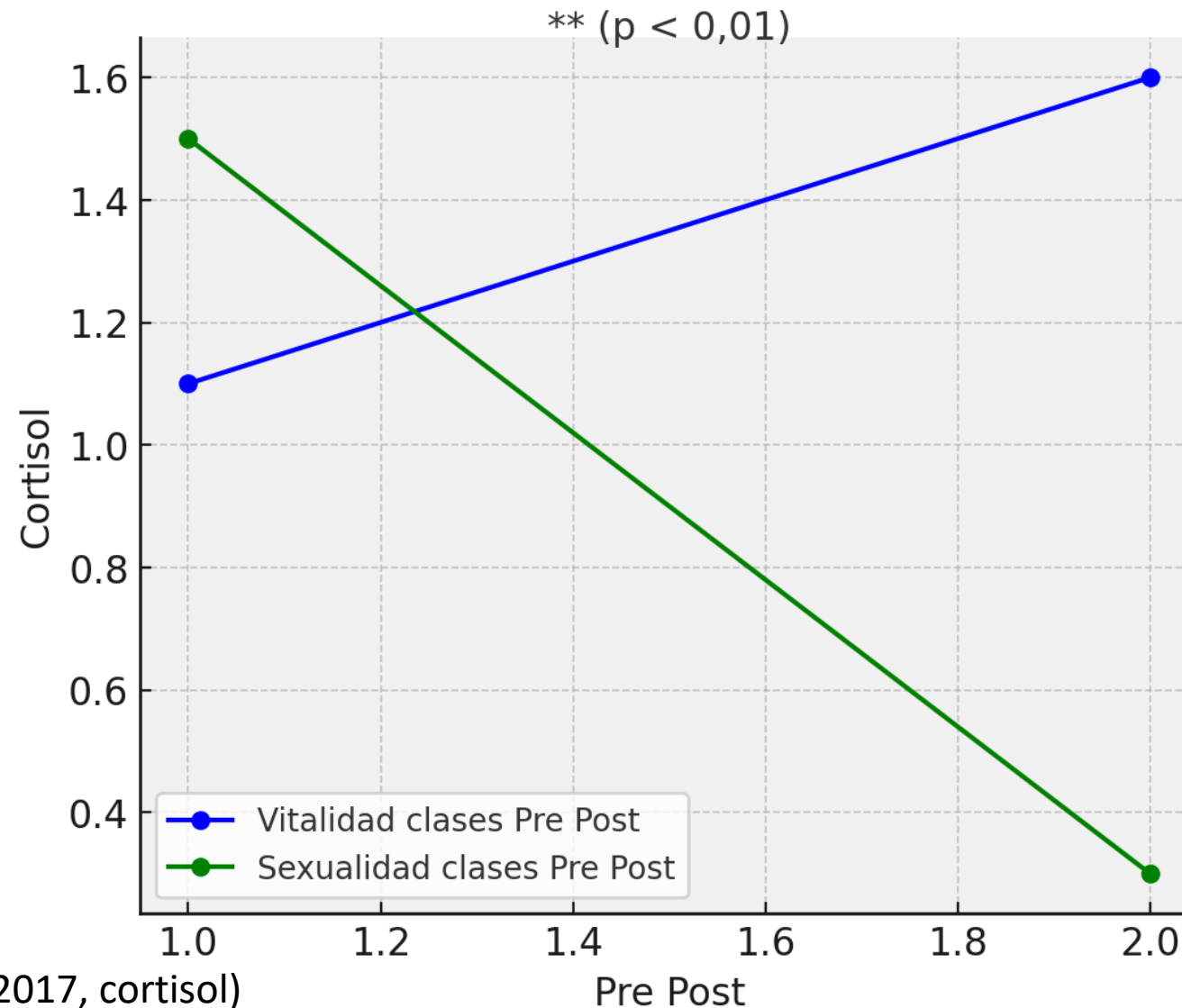
You can use the literaturebased argumentation but at least you have to reflect critically that ist not studied on Biodanza.

Comment: This is an ethical question. Science itself is ethical — it protects the method from pseudoscientific practices. **Science safeguards truth**. In these confusing times, empirical science may be the last bastion of truth, as it is grounded in the search for reality through data — even when this leads to unexpected results.

Rolandos research wish 5: investigation of hormones/neurotransmitter

Cortisol

Comment: When you conduct a study, the results are often surprising. In the teaching materials, the findings are usually very general — for example, *“Biodanza reduces cortisol.”* However, research opens our consciousness to differentiation and deeper understanding.



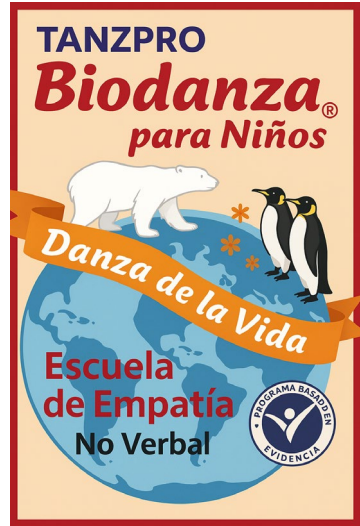
(Aughostini, Stueck, Bauer, Sack, 2017, cortisol)

Rolandos research wish 5: investigation of hormones/neurotransmitter

Cortisol

BODY, MOVEMENT AND DANCE IN PSYCHOTHERAPY, 2016
VOL. 11, NO. 1, 75–89
<http://dx.doi.org/10.1080/17432979.2015.1124923>

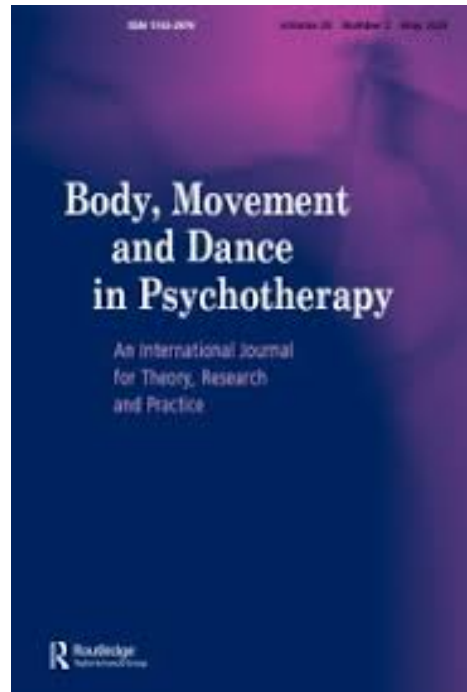
 **Routledge**
Taylor & Francis Group



Biodanza for kindergarten children (TANZPRO-Biodanza): reporting on changes of cortisol levels and emotion recognition

Marcus Stueck^a, Alejandra Villegas^b, Franziska Lahn^c, Katrin Bauer^d, Paul Tofts^e and Ulrich Sack^f

^aPsychology, Saxony University of Applied Sciences Leipzig (DPFA), Zwickau, Germany; ^bScientist, Saxony University of Applied Sciences Leipzig (DPFA), Leipzig, Germany; ^cDepartment of Psychology, University of Leipzig, Leipzig, Germany; ^dInstitute for Clinical Immunology, University of Leipzig, Leipzig, Germany; ^eBrighton and Sussex Medical School, University of Sussex, Brighton, UK; ^fTranslational Centre for Regenerative Medicine, University of Leipzig, Leipzig, Germany





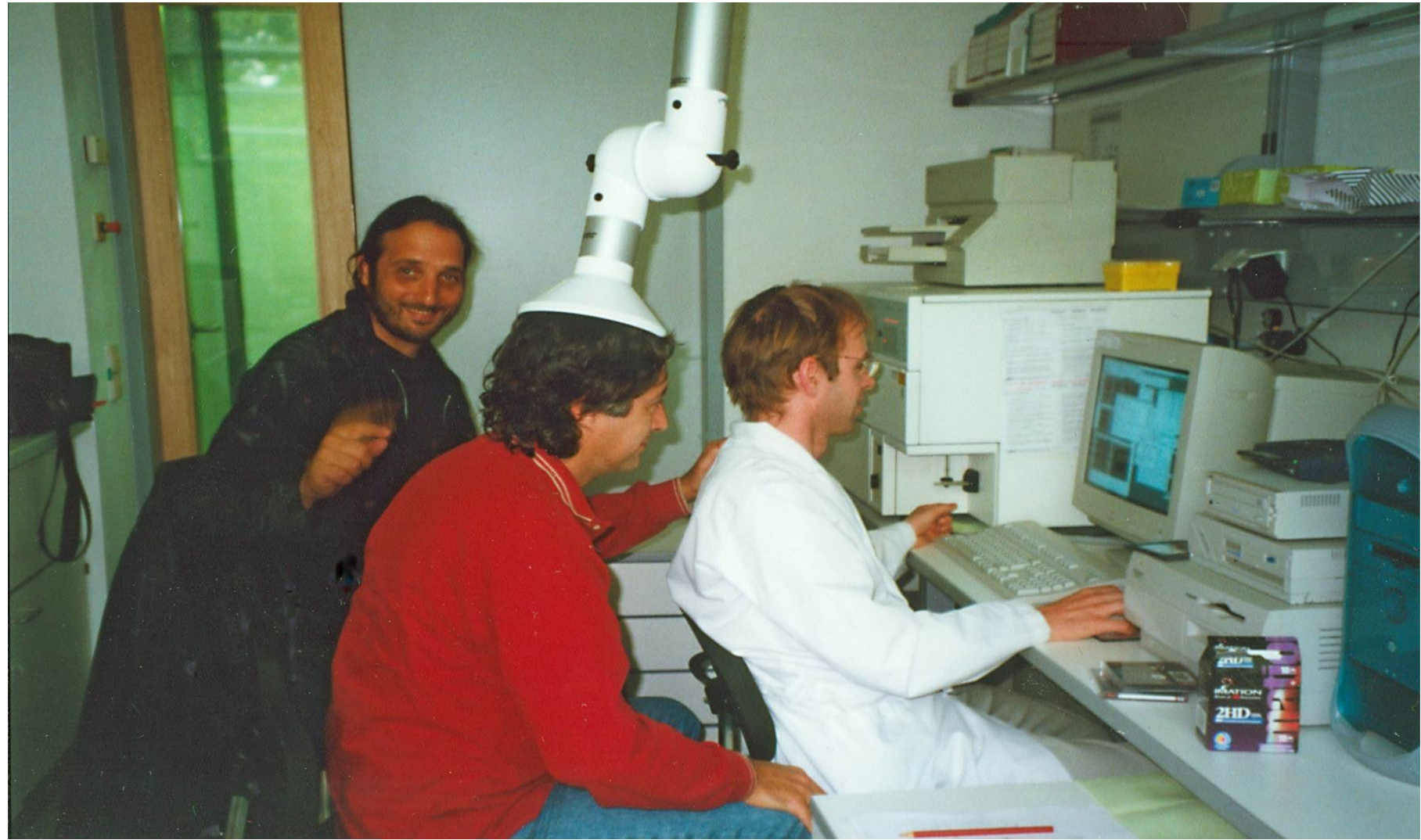
**Psycho-Neuro-
Immunological effects of
Biodanza with children,

Studies at Leipzig
University**

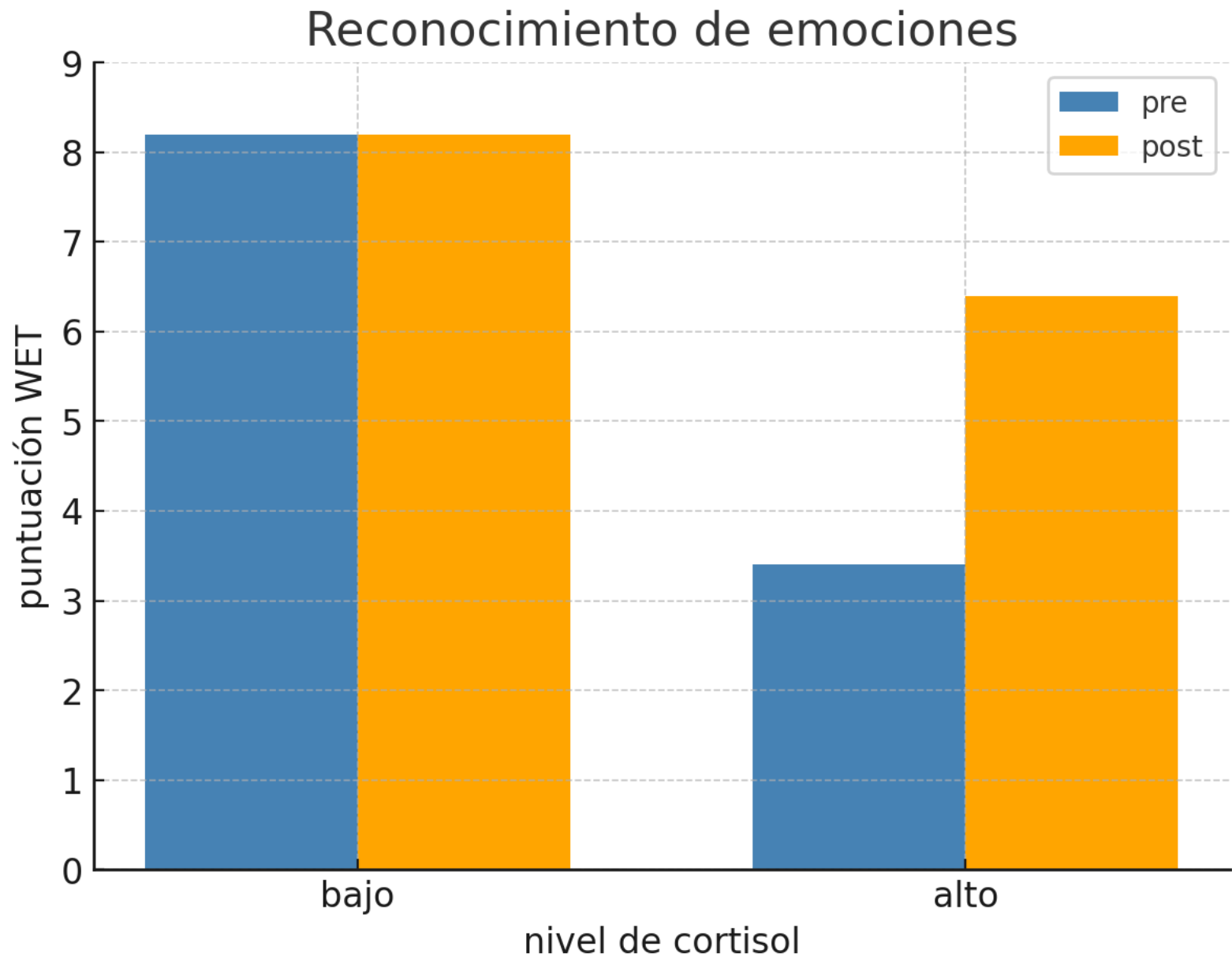
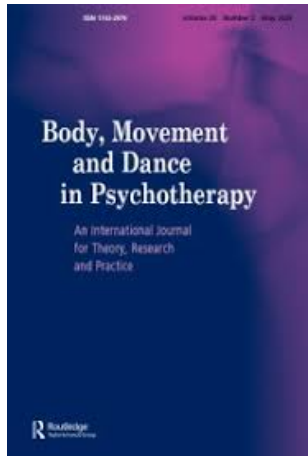
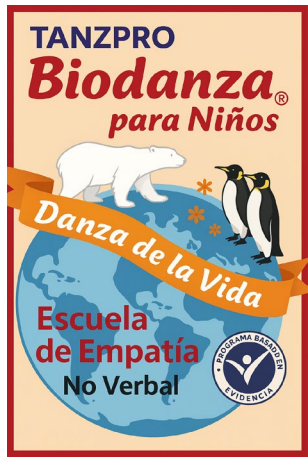
Analysis of saliva and blood samples:

Institute for Clinical
Immunology and
Transfusion Medicine
of the University of
Leipzig

1999:
Marcus Stueck; Raul
Terren; Thure Adler



Rolandos research wish 5: investigation of hormones/neurotransmitter



Oxytocin

Evidence-Based Programme with Psychiatric Patients

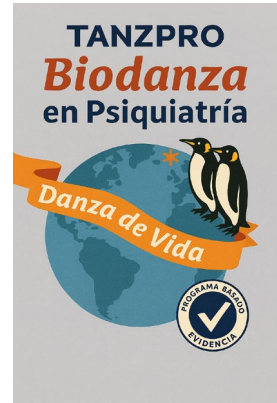
Marcus Stueck, Anete Raykova, Diana Sturmane

First EG/CG-study on oxytocin, 2010 in Latvia, no effect.

The general claim that *Biodanza increases oxytocin release* has not yet been empirically confirmed. In empirical science, results often differ from expectations.

Patients showed significantly lower oxytocin levels compared to a control group. No significant increase in oxytocin was observed after Biodanza.

Published in rbHT



BIOCENTRIC HEALTH IN HUMAN DEVELOPMENT, BAND 1

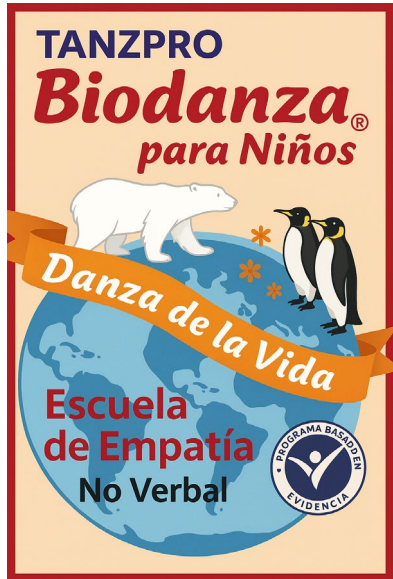
RELATIVE BIOCENTRIC HEALTH THEORY

FROM EGO-CENTERED SURVIVAL
TO LIFE-CENTERED HEALTH

MARCUS STUECK



Testosteron



PROBLEMAS |
DE LA EDUCACIÓN
EN EL SIGLO XXI
Volumen 56, 2013
128

Study for the evidence-based programme with children for the Ministry of Health as a prerequisite for access to funds for practical implementation in German daycare centres

EFFECTOS DE UN PROGRAMA DE DANZA BASADO EN EVIDENCIA (TANZPRO-BIODANZA) PARA NIÑOS DE JARDÍN DE INFANCIA DE CUATRO A SEIS AÑOS SOBRE LA INMUNOGLOBULINA A, LA TESTOSTERONA Y LA FRECUENCIA CARDÍACA

Marcus Stueck, Alejandra Vilegas

Universidad Aplicada de Sajonia (DP-Zwickau), Alemania

Cathleen Schoenichen, Katrin Bauer

Universidad de Leipzig, Alemania

Paul Tofts

Universidad de Sussex, Reino Unido

Ulrich Sack

Instituto de Inmunología, Universidad de Leipzig, Alemania

Rolandos research wish 5: investigation of the Immune-system & Biodanza

Immunglobuline A

Person 1 (Marcus Stueck): *"We had already observed the effect of a significant increase in immunoglobulin A (IgA) after Biodanza in 2003 (Stueck, 2003), but we had overlooked the mechanism that had led to these effects, namely instabilities and improved emotional expression, which now released energy for a **jump in IgA (first proof of transtasis, EG/CG)**, to transtase. We had to look at the pre-data over time, not the pre-post data. **This process took four years and was triggered by reviewing the data, prompted by conversations with Jorge Terren.**"*

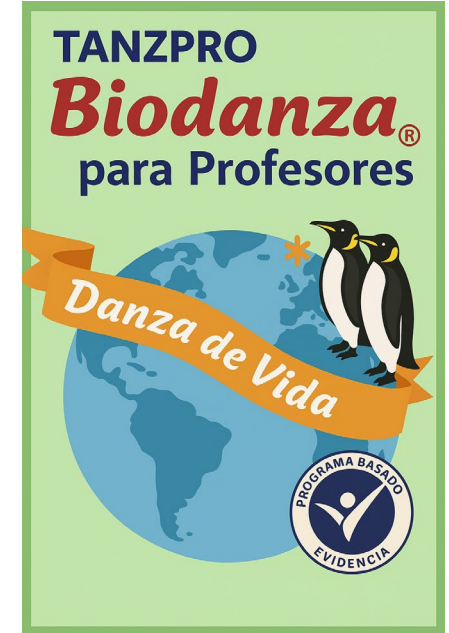
Derivation:

Science leads to unexpected, surprising results.

It takes time to go from proving the **effect** to understanding the **mechanism beyond the effect**.

Ist like a puzzle which comes together in years.

And always you need a Controlgroup.



Strategies for examining evidence



Scientific validation (Evidence) is important in order to test the theory and confirm its validity with data.

Two strategies can be distinguished here:

- **Determination of effects** – individual variables are examined in isolation.
Question: **How does the method work (effects)?**
- **Determining the mechanisms behind the effects** – the relationship between at least two variables is analysed or a biodiversity-related effect is explained. **Why does the method have this effect? (mechanism)**

Rolando Toro: *"... You have to look beyond the classifications."*

Example of determining the effect of Biodanza on IgA (2004)

Derivation:

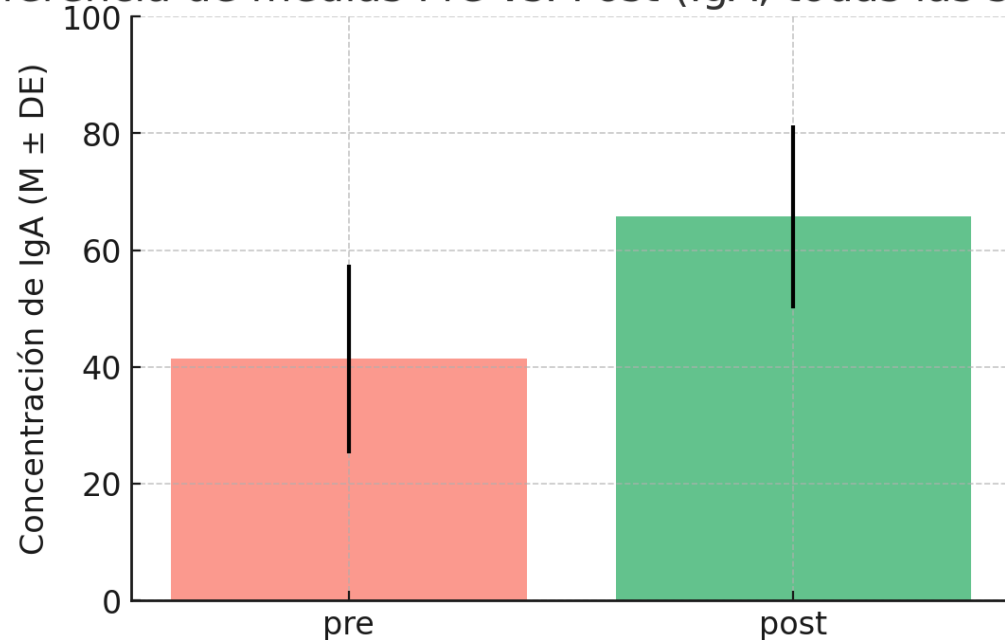
Also Yoga shows this effect.

It is not a Biodanza-specific effect

What is the Biodanza-specific effect-mechanism beyond this effect?

Why does the method have this effect?

Diferencia de medias Pre vs. Post (IgA, todas las sesiones)

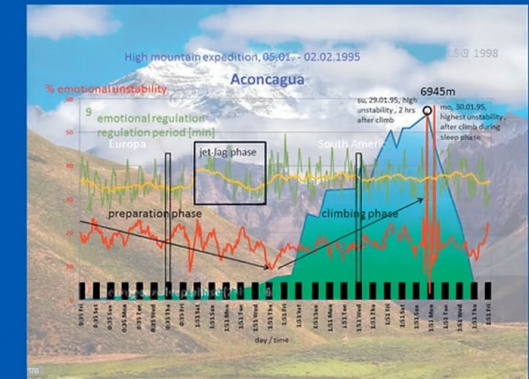


For self-reading

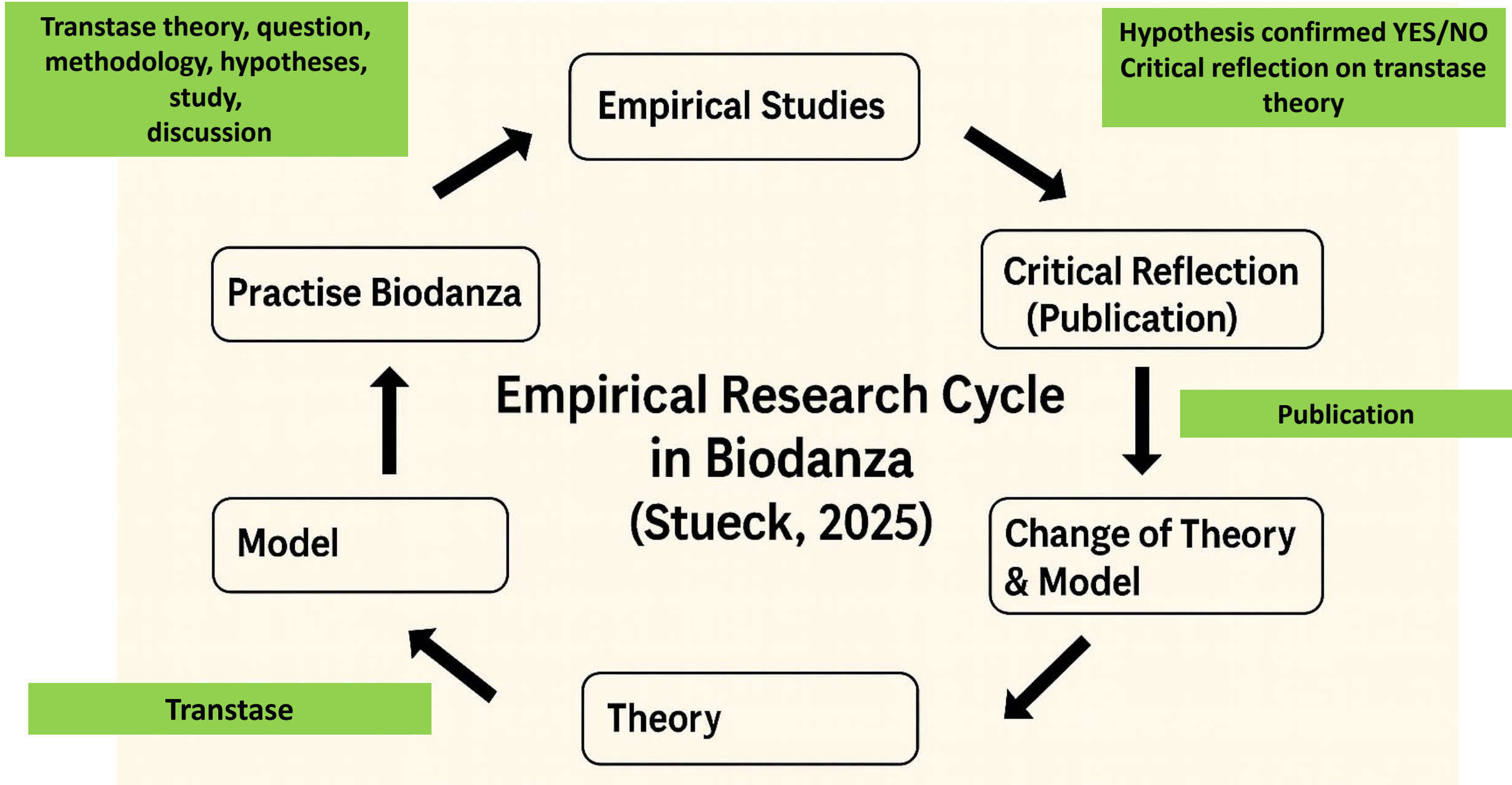
To proof that I need a control group.



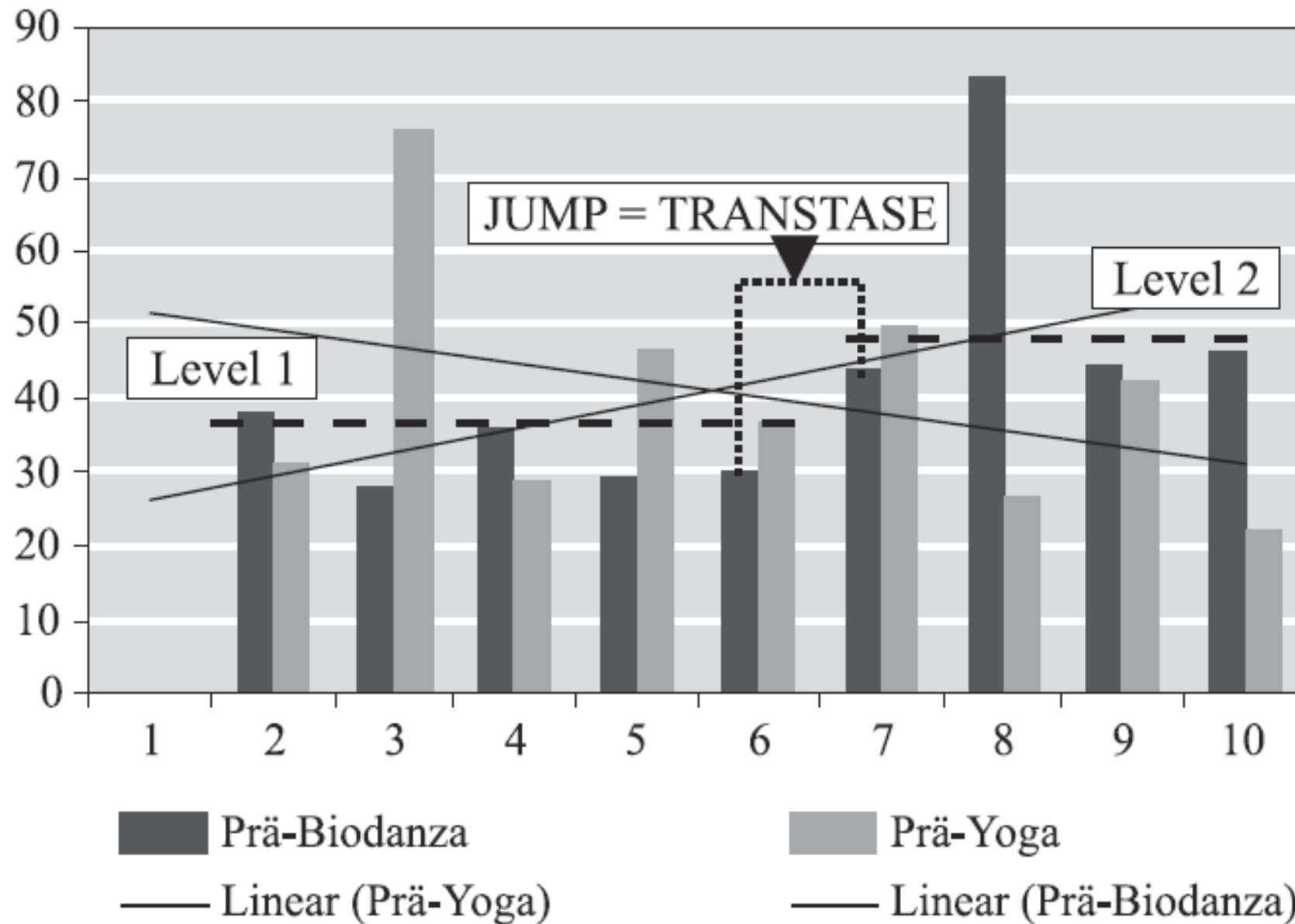
Introducción a la Crono-Bio-Psicología



First Proof of the transtasis-model in the immune system (Stueck, 2025)



Proof of the Transtase in the immune system



Publication on the determination of the effects and mechanisms of action of Biodanza on IgA

MARCUS STÜCK, ALEJANDRA VILLEGAS, KATRIN BAUER,
RAUL TERREN, VERONICA TORO, ULRICH SACK
University of Leipzig, Germany

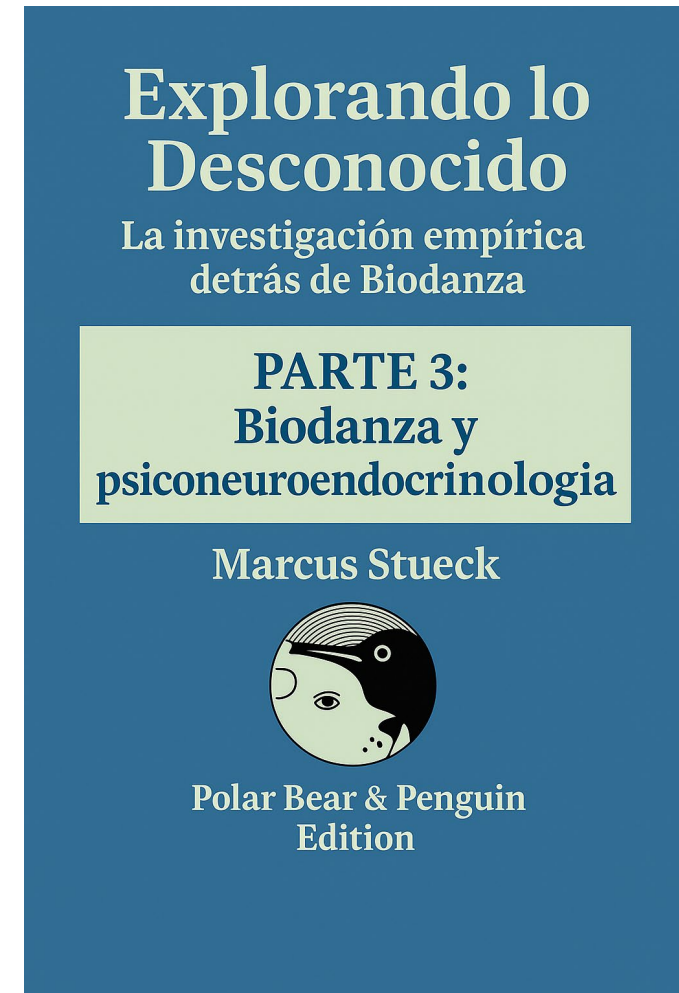
PSYCHO-IMMUNOLOGICAL PROCESS EVALUATION OF BIODANZA

SUMMARY

***Introduction.** Biodanza is an intervention intended to promote health by encouraging self-expression and autoregulation through music, dance and interaction as developed by R. Toro.*

***Aim of the Study.** To examine the effects of Biodanza on the secretion of IgA and the feeling of relaxation before and after the Biodanza sessions in a group of schoolteachers.*

Buchbestellung: info@bionet-research.com



The role of empirical research in Biodanza?

Part 3

Publication of research/evidence on Biodanza



Prof. Dr. habil. Marcus Stueck

IBFed Subcomisión
Metodológica
Biodanza e Investigación

Emilse Inés Pola, Juan Gavilán,
Myriam Sofía López, Marcus Stueck

Why the publications for Biodanza are so important?

What we need to understand is that the scientific foundation of Biodanza becomes visible only through publications.

Although Biodanza-studies exist, most have not been published in high-ranking journals, most have not a control group.

That has little reach and makes Biodanza invisible within the academic, scientific, and institutional spheres.

Hierarchy of publication types according to scientific quality

Question 2

Rank	Publication type	Comment
1	Systematic reviews & meta-analyses	Highest level of evidence, summarise many studies, peer-reviewed only 2
2	Peer-reviewed articles (international journals, indexed)	Original research, anonymous peer review, high visibility estimated=15
3	Review articles (national journals)	Reviewed, but lower reach estimated=15
4	Dissertations (PhD)	Independent research work, examined but not always published Estimated = 6
5	Master's theses / diploma theses	Scientific, but with a smaller reach, often unpublished Estimated=100
6	Book chapters in anthologies	Reviewed by editors, often no rigorous peer review estimated=100
7	Monographs (scientific books)	In-depth, but usually without peer review Estimated=10
8	Reference books / handbooks	Practice-oriented, not primarily scientific Estimated=100
9	Conference papers / abstracts	Short contributions, partially peer-reviewed, no full evidence Estimated=80
10	Newsletters, practical reports, internal reports	Lowest level of evidence, mainly internal communication Estimated=1000

Derivation:

From the perspective of published studies,

Biodanza`s scientific basis has only a limited range.

Master's theses / diploma theses

Book chapters in anthologies

Monographs (scientific books)

Specialist books / handbooks

Conference papers/abstracts

Newsletters, practical reports, internal reports

In the last 30 years since the first empirical VG-KG study began, Biodanza has published only about 20 review papers and 2 summarize, 6 PhD.

Limited visibility in academic, scientific, institutional and organisational level

Other disciplins have up to 1000 publications (DMT)

In this presentation we ask us, what are the reasons for this?

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01

Bionet Database for Biodanza

Base de datos Bionet para Biodanza

Go to Database →

Submit for Database

Contribuciones para una ontoepistemología de la vivencia en educación

The aim of this paper is to contribute to the articulation of the concepts of cognition and life in educational practice, through the concept of...

Date: 2015

[Read More](#)

#Cognition #Education #experience #Ontoepistemology

“Siento, existo y luego... pienso”: contribuciones para la construcción del conocimiento científico

This article is a theoretical-methodological work, product of more than 20 years of empirical research in education. It presents an onto-epistemological reflection on the construction...

Date: 14.02.2014

[Read More](#)

#experience #Onto-epistemology #scientific knowledge #vivencia

Biodance as process of existential renewal for the elderly

In this study, we searched, from the ethnographic method, to identify the effects of Biodance in elders that lived it. The study was done with eight...

Date:

[Read More](#)

#Anthropology #cultural #dance therapy #Health of the elderly/nursing #Quality of life

Ich fühle mich bis in meine Fingerspitzen

Wie es mir Biodanza ermöglichte, vom „Neben-mir-Stehen“ in meine Präsenz zu kommen, mich zu spüren, ins „Hallo-hier-bin-ich“ zu erscheinen. Ich nehme mein eigenes

How to find
scientific
monographs?

www.bionet-
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Database for Biodanza Research and Biocentric Science

Description

Search



All Categories ▾

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Book / Chapter

Monographie Biodanza Schools

Monography

Scientific Article

Scientific Article Peer reviewed

All Tags ▾

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Anthropology

Cognition

cultural

dance therapy

Education

experience

Health of the elderly/nursing

Onto-espistemology

Ontoepistemoly

Quality of life

scientific knowledge

vivencia

Date: 2023

[Read More](#)

ests looking at mathematics in a different light, one that I feel Rolando perceived.Personally, I...

Two systematic reviews – no meta-analysis

Ferraro, F. V., Aruta, L., Ambra, F. I., Distaso, F. P., & Iavarone, M. L. (2021). *Pedagogic intervention for health: A narrative systematic review on Biodanza. Movimento*, 27, e27069.
<https://doi.org/10.22456/1982-8918.111547>

Stueck, M., & Tofts, P. S. (2016). *Biodanza effects on stress reduction and well-being – A review of study quality and outcome*. *Signum Temporis*, 8(1), 57–66. <https://doi.org/10.1515/sigtem-2016-0018>

The situation is different in dance movement theory – there are **at least several meta-analyses** on *dance movement therapy* (DMT) or dance- or movement-based interventions, depending on the study design and population included.

2009

Stueck, M. (2009). *Psycho-Immunological process evaluation of Biodanza. Signum Temporis*. (PDF available).

2010

Carbonell-Baeza, A., Aparicio, V. A., Martins-Pereira, C. M., Gatto-Cardia, C. M., Delgado-Fernández, M., & Ruiz, J. R. (2010). Efficacy of Biodanza for treating women with fibromyalgia. *Journal of Alternative and Complementary Medicine*, 16(11), 1191–1200.

<https://doi.org/10.1089/acm.2009.0360>

2013

Stueck, M., Villegas, A., Schoenichen, C., Bauer, K., Tofts, P., & Sack, U. (2013). Effects of an evidence-based dance programme (TANZPRO-Biodanza) for kindergarten children aged four to six on immunoglobulin A, testosterone and heart rate. *Problems of Education in the 21st Century*, 56, 128–143.

<https://doi.org/10.5114/hpr.2019.88665>

2016

Stueck, M., Villegas, A., Lahn, F., Bauer, K., Tofts, P., & Sack, U. (2016). Biodanza for kindergarten children (TANZPRO-Biodanza): Reporting on changes of cortisol levels and emotion recognition. *Body, Movement and Dance in Psychotherapy*, 11(1), 75–89.

<https://doi.org/10.1080/17432979.2015.1124923>

Stueck, M. (2016). Biodanza effects on stress reduction and well-being – A review of study quality and outcome. *Signum Temporis*, 8(1). <https://doi.org/10.1515/sigtem-2016-0018>

Greaves, V., Stueck, M., & Svence, G. (2016). Changes of 1st-grade school children's emotional and social competences in TANZPRO-Biodanza intervention group. *Society. Integration. Education*, [Vol. ? No. ?], pp. ?. (PDF available).

2017

López-Rodríguez, M. M., Baldrich-Rodríguez, I., Ruiz-Muelle, A., Cortés-Rodríguez, A. E., Lopezosa-Esteba, T., & Román, P. (2017). Effects of Biodanza on stress, depression, and sleep quality in university students. *Journal of Alternative and Complementary Medicine*, 23(7), 558–565.

<https://doi.org/10.1089/acm.2016.0365>

Segura-Jiménez, V., Carbonell-Baeza, A., Aparicio, V. A., Femia, P., Ruiz, J. R., & Delgado-Fernández, M. (2017). Biodanza reduces acute pain severity in women with fibromyalgia. *Complementary Therapies in Medicine*, 33, 106–111. <https://doi.org/10.1016/j.ctim.2017.06.005>

2019

Stueck, M., Kaloeti, D. V. S., Villegas, A., & Utami, D. S. (2019). The influence of Biodanza and School of Empathy verbal–respectful communication on the ability to express emotions and needs: A pilot study among adults in Indonesia. *Health Psychology Report*, 7(4), 334–340.

<https://doi.org/10.5114/hpr.2019.88665>

Calamassi, D., Palfrader, A., Biagiotti, C., & Galli, R. (2019). Biodanza in healthcare residences: Qualitative study. *[Journal name TBD]*.

5 Initial questions from the IBFed Commission

For self-reading

2021

Chiesi, F., Gori, E., Collini, F., Palfrader, A., Galli, R., Guazzini, A., Collodi, S., Lorini, C., & Bonaccorsi, G. (2021). Biodanza as a non-pharmacological dance movement–based treatment in older people with Alzheimer’s disease: An Italian pilot study in two Tuscan nursing homes. *Holistic Nursing Practice*, 35(5), 264–272. <https://doi.org/10.1097/HNP.0000000000000470>

Ferraro, F. V., et al. (2021). A narrative systematic review on Biodanza. *[Journal name TBD]*.

2022

Calçada, J., & Gilham, C. (2022). Biodanza and other dance forms as a vehicle for social-emotional learning in schools: A scoping review. *[Journal / Publisher TBD]*.

2024

Vitale, C., Rosa, R., Agosti, V., Siciliano, M., Barra, G., Maggi, G., ... Santangelo, G. (2024). Effects of Biodanza® SRT on motor, cognitive, and behavioural symptoms in patients with Parkinson's disease: A randomised controlled study. *Journal of Personalised Medicine*, 14(6), 588.

<https://doi.org/10.3390/jpm14060588>

Zilka, G. C., et al. (2024). Biodanza and a sense of resilience in times of war. *[Journal name TBD]*.

2025

Zilka, G. C., et al. (2025). Impact of Biodanza on children’s movement, music, and encounters. *[Journal TBD]*

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



Marcus Stueck^{1*}



Dian Veronika Sakti Kaloeti²



Hamidrezah Kankeh³



Mehrdad Farrokhi³



Mariola Bidzan⁴

¹ International Biocentric Research Academy (IBRA), Leipzig, Germany

² Faculty of Psychology, Universitas Diponegoro, Semarang, Indonesia

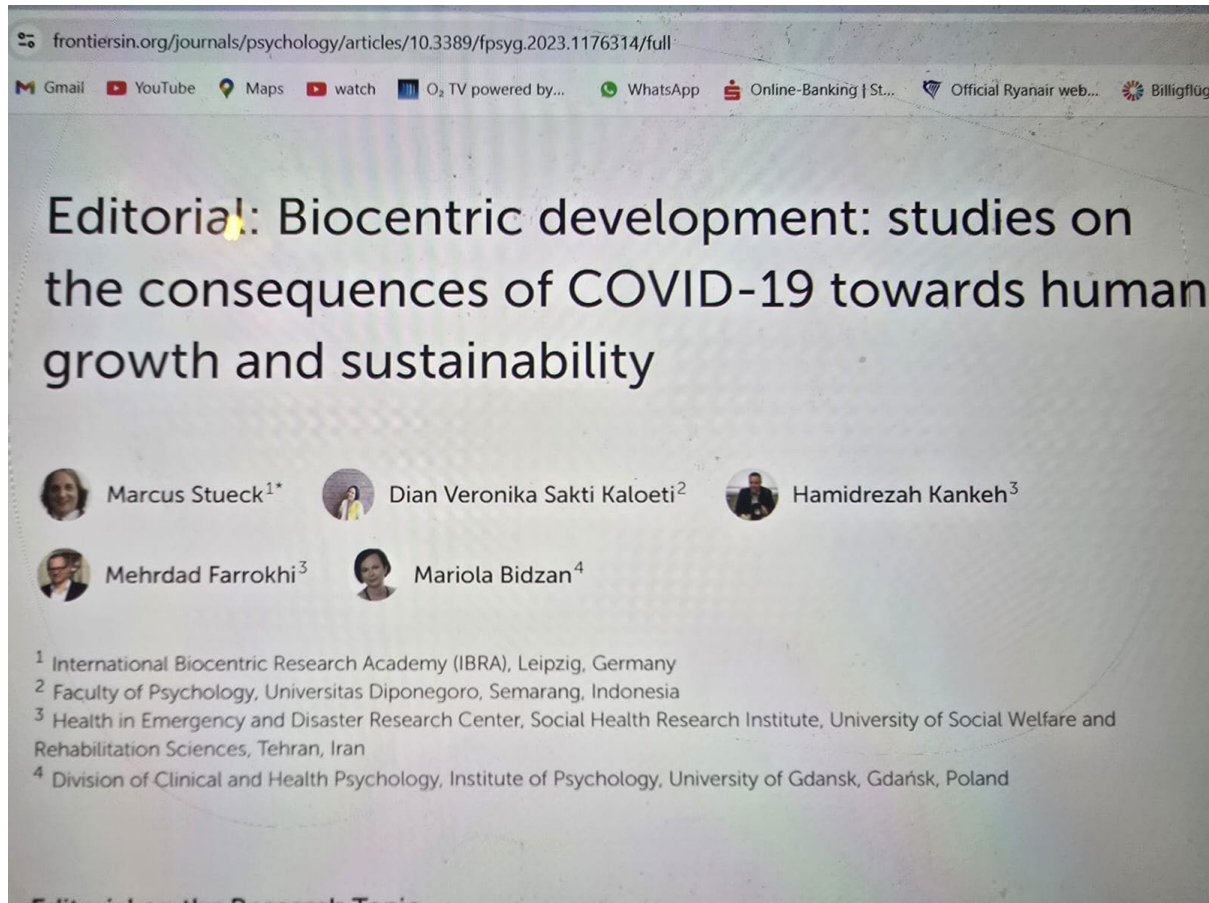
³ Health in Emergency and Disaster Research Center, Social Health Research Institute, University of Social Welfare and Rehabilitation Sciences, Tehran, Iran

⁴ Division of Clinical and Health Psychology, Institute of Psychology, University of Gdansk, Gdańsk, Poland

journal *Frontiers in Psychology*

One of the leading peer review journals in Psychology

Main topic about the biocentric approach



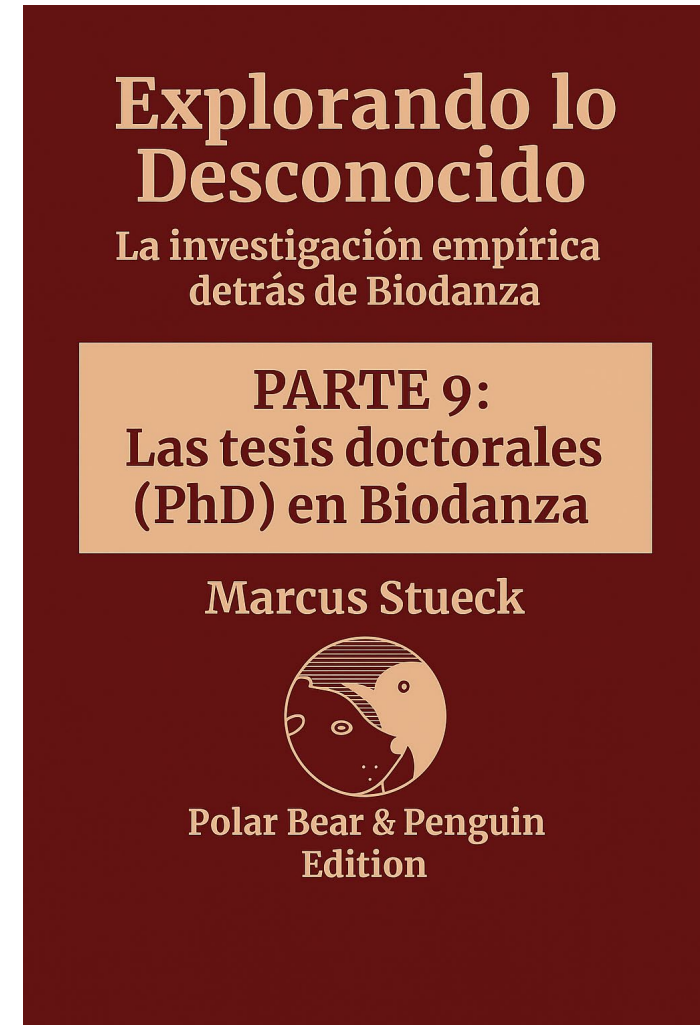
The Impact Factor (IF) of the journal *Frontiers in Psychology* for the year 2023 is **2.6**, based on the Journal Citation Reports published by Clarivate in June 2024.

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 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.

PhDs about Biodanza (3-4)

- Nobody really knows these studies, and they are not part of the teaching.
- At the moment, I do not see a growing awareness of the importance of empirical science.
- That's why we are giving this presentation.

Buchbestellung
info@bionet-research.com



PhDs about biocentric projects

1. Vahid Delshad (PhD, University Social Welfare, Tehran, Iran)

(Supervisor Hamid-Kamkeh, Marcus Stueck) – affectivity in nursing profession



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

(Supervisor Marcus Stueck) – Evaluation of the relative biocentric health theory

3. Senerath Samudra (PhD, University of Leipzig Supervisor Evelyn Witruk, Co-Supervisor

Marcus Stueck) – Help after Tsunami-disaster under the use of children Yoga and Biodanza

6 Initial questions

Initial questions

1. Who is the IBFed Subcommittee (Biodanza and Investigation) and what does it want?
2. What was Rolando Toro's connection to the empirical sciences?
3. What critical reflexions/observations has the Methodology Commission, *Biodanza and Investigation* Subcommittee made on the current state of empirical Biodanza research?
4. What is meant by empirical Biodanza research, and why is it of central importance for Biodanza as well as for the biocentric principle and biocentric education?
5. How is empirical research organised within the global Biodanza movement?
6. What conclusions and inferences can be drawn for the further development of Biodanza?

The role of empirical research in Biodanza?

Part 4

Critical reflexions - observations on the current state of Biodanza research by the IBFed Subcommission



Prof. Dr. habil. Marcus Stueck

IBFed Subcomisión
Metodológica
Biodanza e Investigación

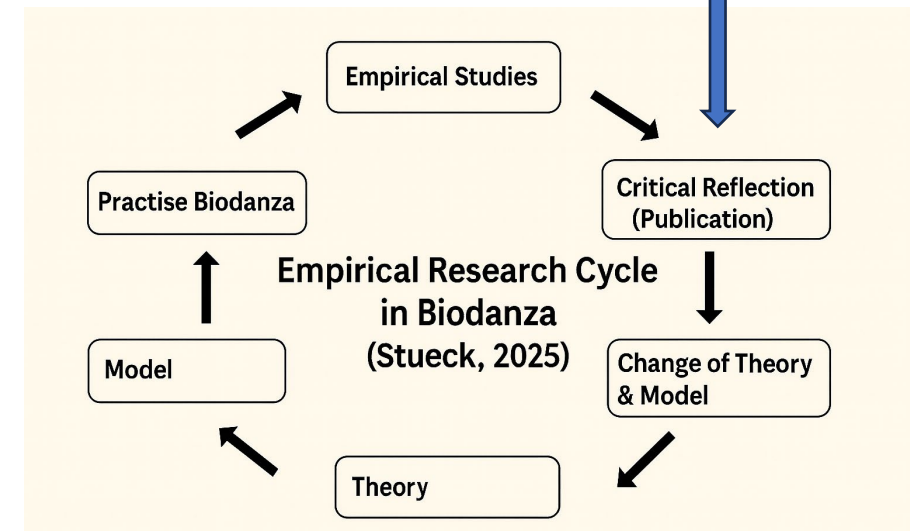
Emilse Inés Pola, Juan Gavilán,
Myriam Sofía López, Marcus Stueck

The Value of Critical Reflection for Biodanza

For self-reading

- Critical reflection is an essential part of any scientifically grounded method — **it is its immune system.**
- Through critical reflection, **a method is protected** because it helps define its indications and contraindications — what belongs inside and what does not.
- It safeguards the essence of the method. **Critical reflection is not something personal,** it is objective and based on empirical data.

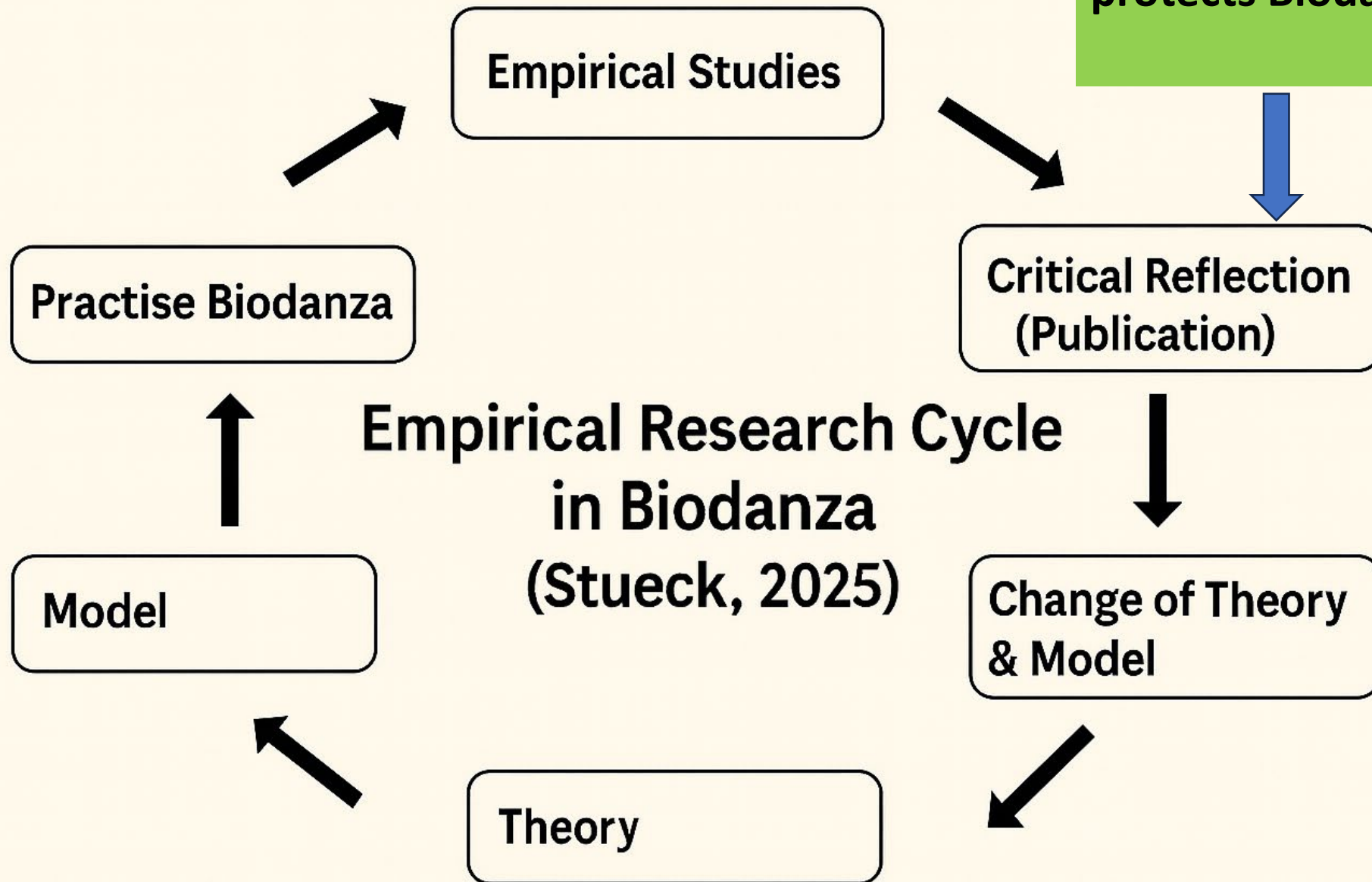
The importance of critical reflection



Derivation:

Rolando Toro conducted empirical research into Biodanza. He was an empirical researcher throughout his life. This was the only way he could develop and protect the Biodanza method. This meant deciding what could be integrated and what could not (indications and contraindications).

The importance of the critical reflexion?



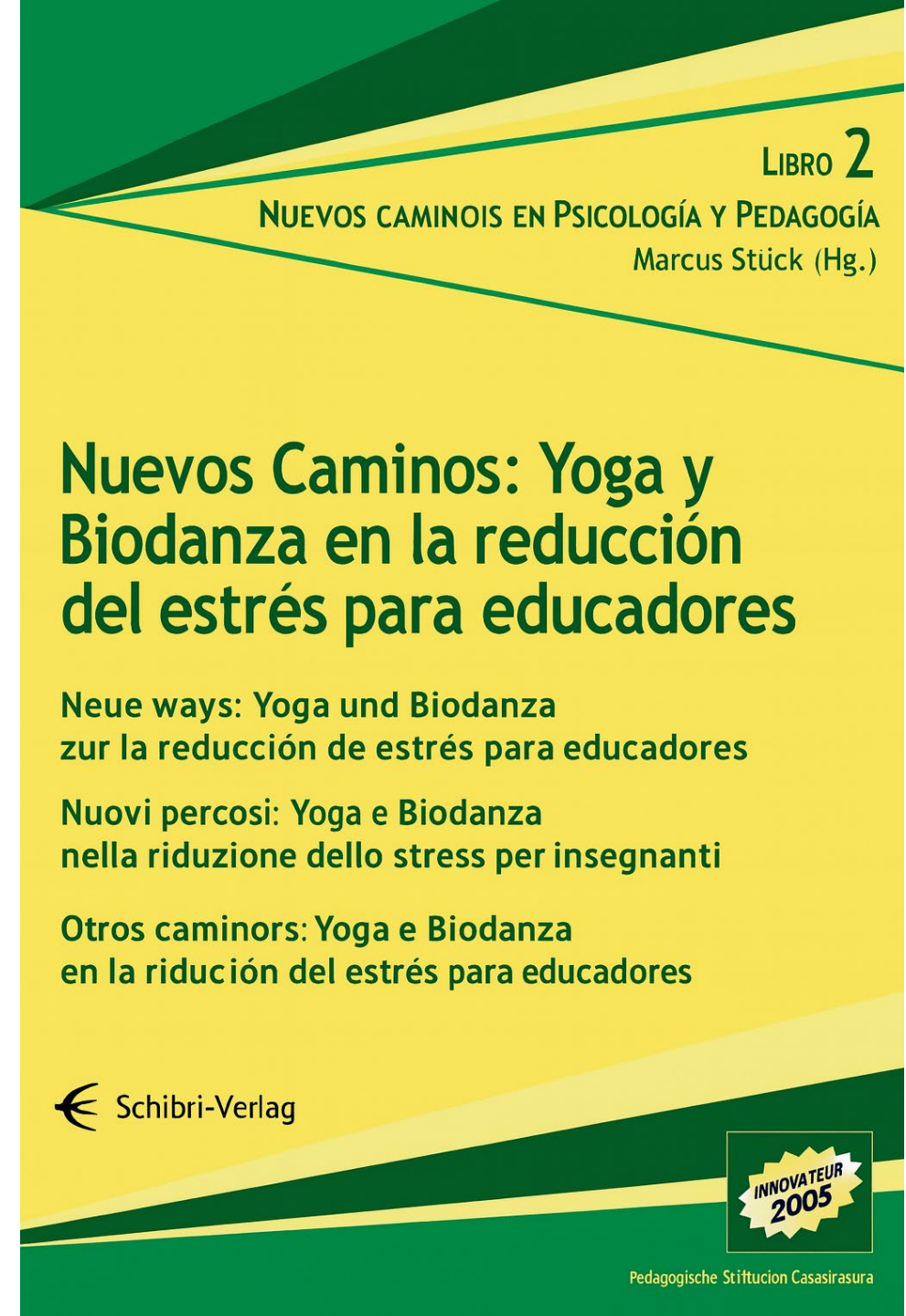
Example of critical reflection at a high academic level

2007 professorial dissertation (second PhD)
at Leipzig University with 100 tested
hypotheses

9 years in the making 1998–2007, Science
Award in Germany 2006

Evidence-based Biodanza programme for
teachers

Critical reflection on the evidence base of
the theory of Biodanza (e.g. instinct model)



Rolando Toro on critical reflection on his instinct theory

Historical research: Original statements by Rolando Toros, text analyses

Person 1 (Marcus Stueck): *"Rolando, the habilitation committee at the University of Leipzig is requesting a critical reflection on your theory of instinct. They believe that what you postulate about the intelligence of instincts has no evidence from studies"* (2010, Arusha, Tanzania)

Rolando was very upset, but then had to admit that this was true, as he was unable to present any published studies on the subject. The model of instincts is based on assumptions that refer to secondary sources and must be tested in relation to Biodanza.

Observations on the state of Biodanza research by the IBFed Subcomission

IBFed Subcomisión
Metodológica
Biodanza e Investigación

Emilse Inés Pola, Juan Gavilán,
Myriam Sofía López, Marcus Stueck

For self-reading

Observation 1

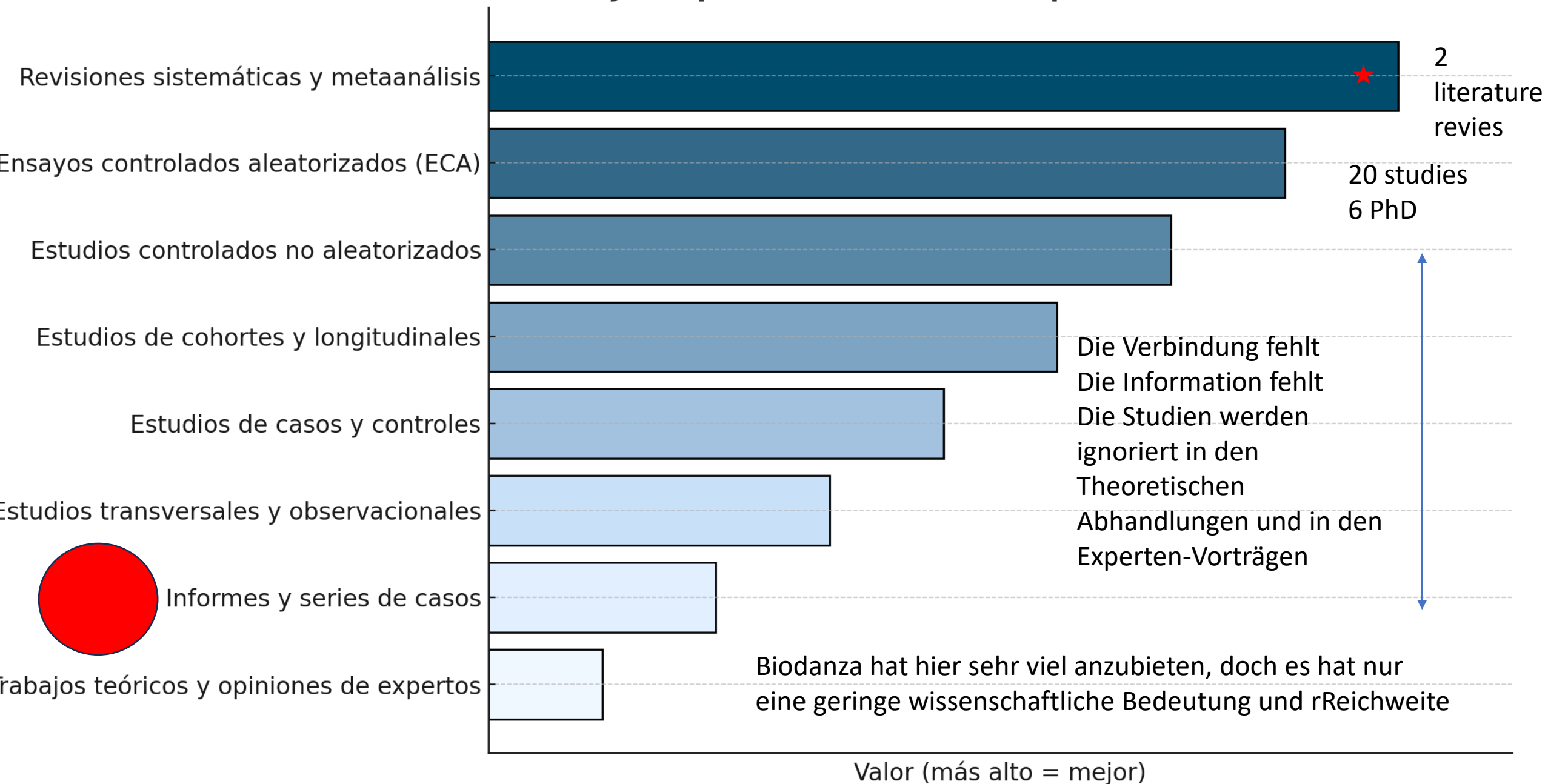
Problem:

Empirical research is not visible and not acknowledged within the Biodanza movement; therefore, Biodanza lacks its immune system and becomes pseudoscientific — it looks scientific but is not based on real research or proof.

Example:

- Regression effects were explained in a Didacta training programme in Europe by an medical doctor without using existing Biodanza studies about regressive states.
- The module on psychology, physiology and biological effects in schools is taught without mentioning the existing and published research findings of the last 30 years.

Jerarquía de la Evidencia (Tipos de Publicaciones)

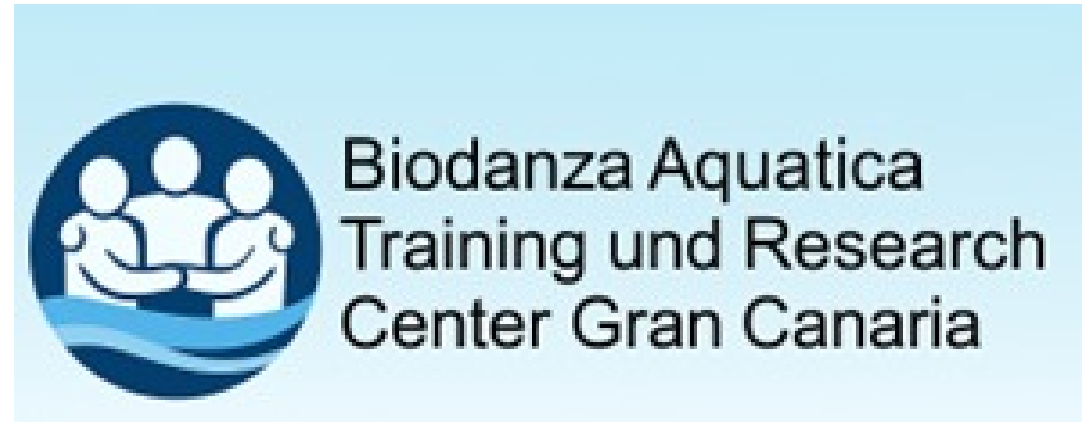


Examples of ignored studies – regression

For self-reading

4 different situations with different stimuli.

measurement	23 October 2007	15:53:42	Trance through Suspension
measurement	24 October 2007	16:23:27	Listening to music
measurement	25 October 2007	11:20:31	Trance through voice
measurement	25 October 2007	15:08:45	Without manipulation



Comment: The value of scientific studies involving Biodanza for the protection and further development of the method is not recognized. There is no transfer of knowledge from empirical research in Biodanza at all.

Examples of ignored studies – regression

For self-reading

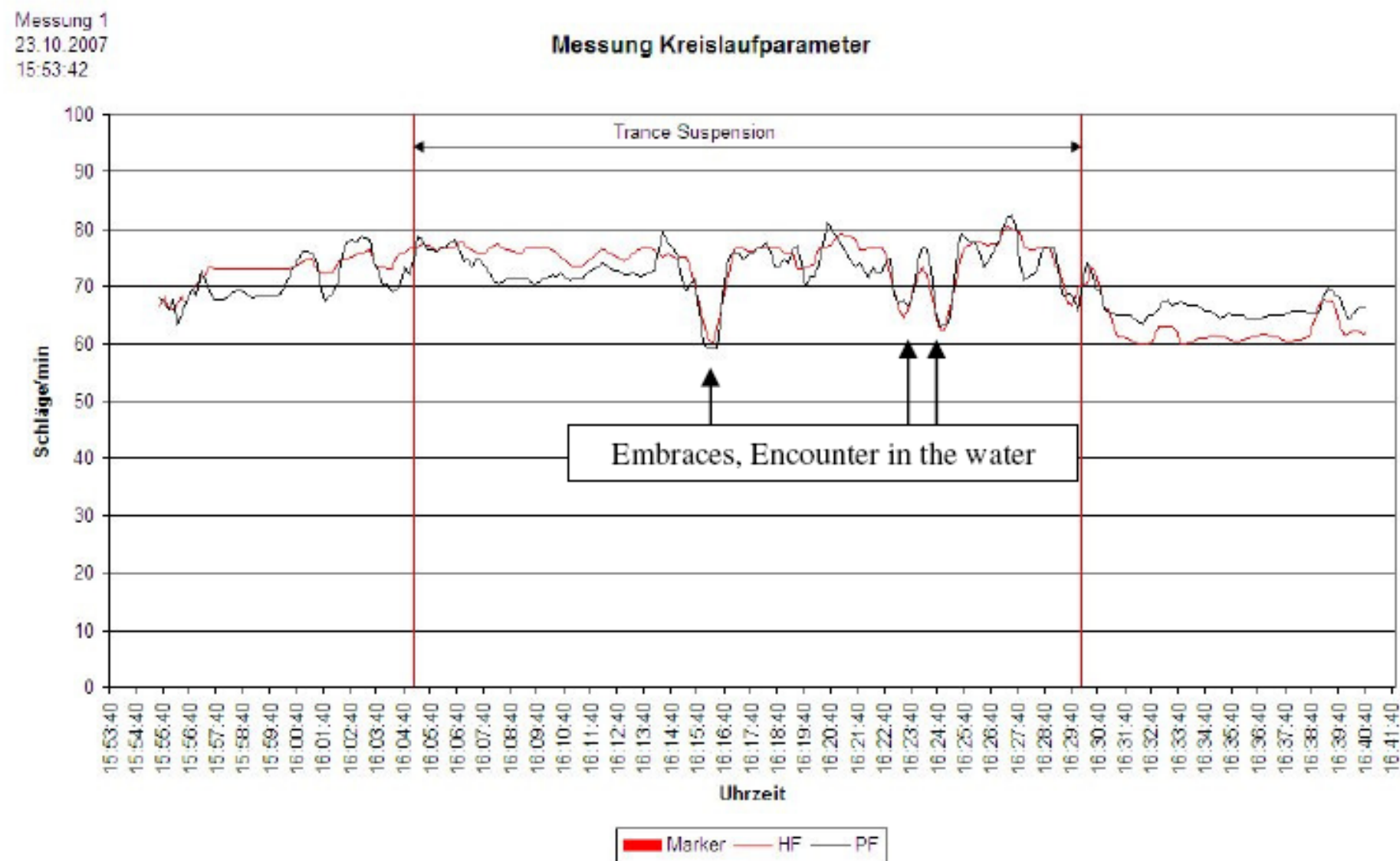


Figure 75: Physiological arousal

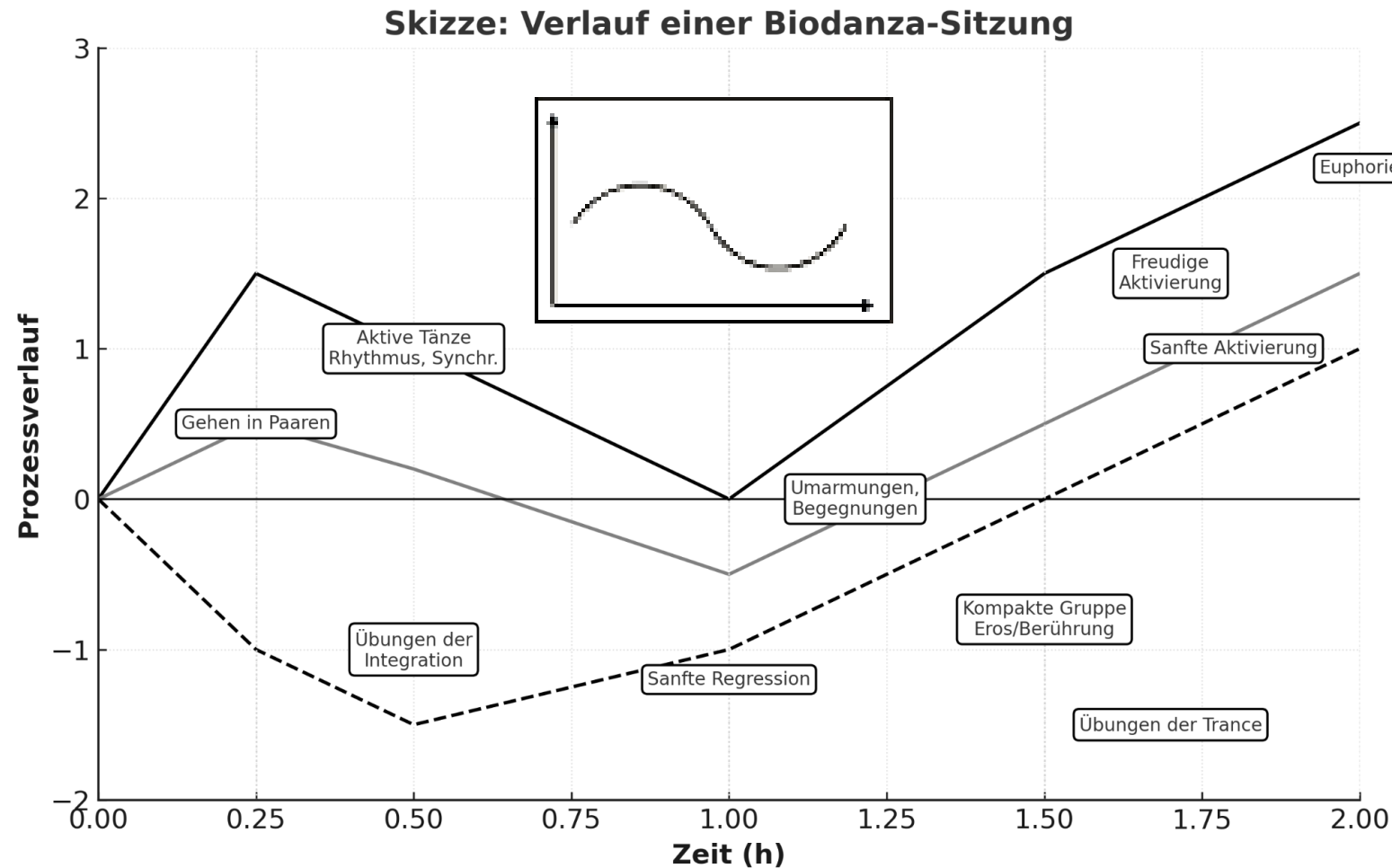


Study 2007
in Lugano
with Eliane
Matuk

Examples of ignored studies – regression

For self-reading

Evidence of the physiological model curve for Biodanza with beginners



Explorando lo Desconocido

La investigación empírica
detrás de Biodanza

PARTE 2: Biodanza, fisiología y cronobiología

Marcus Stueck

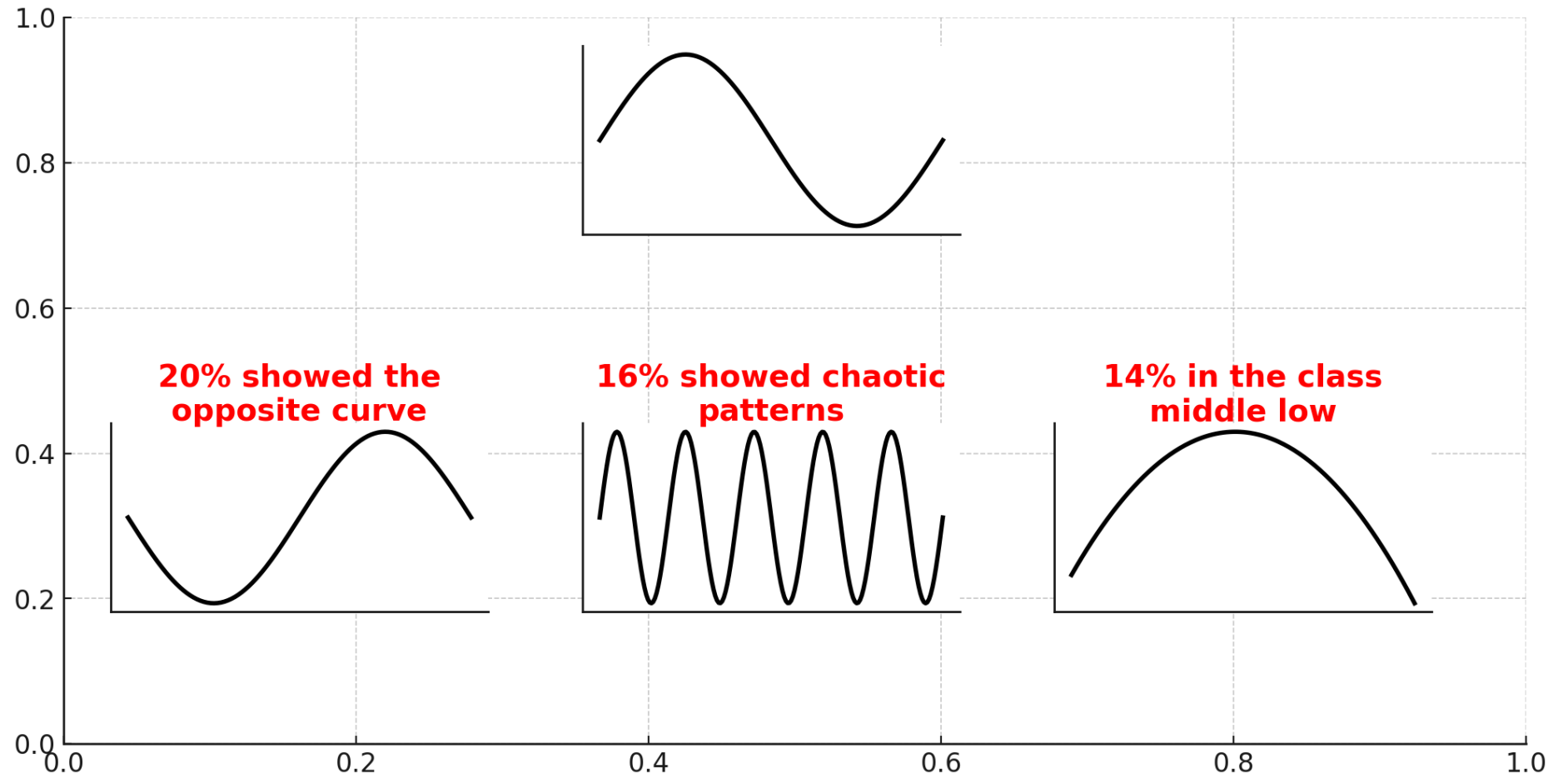


Polar Bear & Penguin
Edition

Evidence of the physiological model curve for Biodanza with beginners



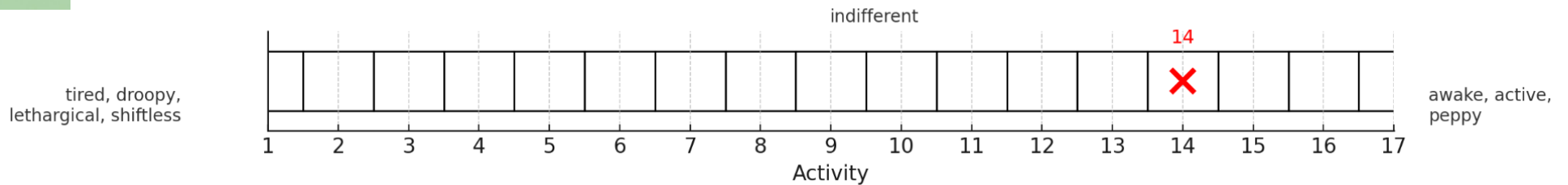
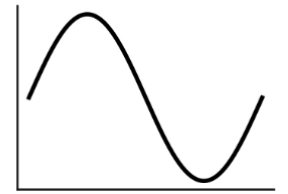
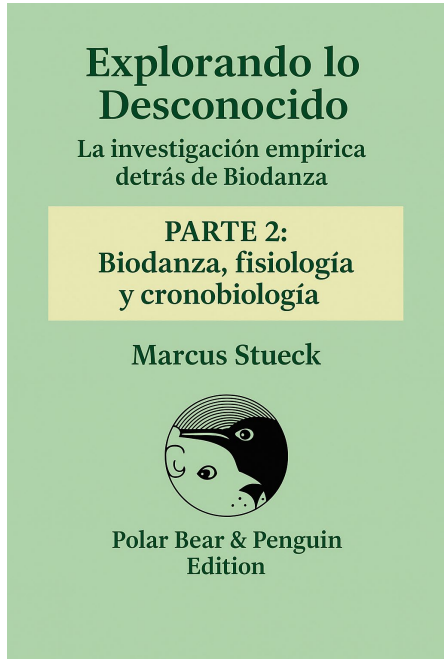
Only 20% of them showed the Biodanza-curve



Examples of ignored studies – regression

For self-reading

Evidence of the physiological model curve for Biodanza with beginners



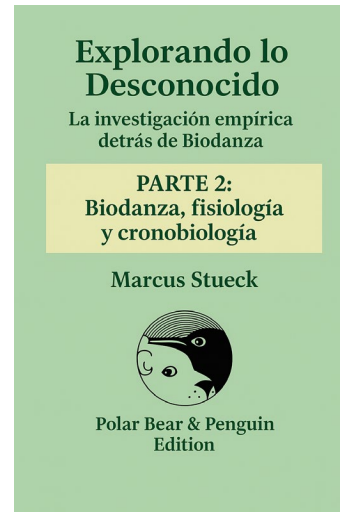
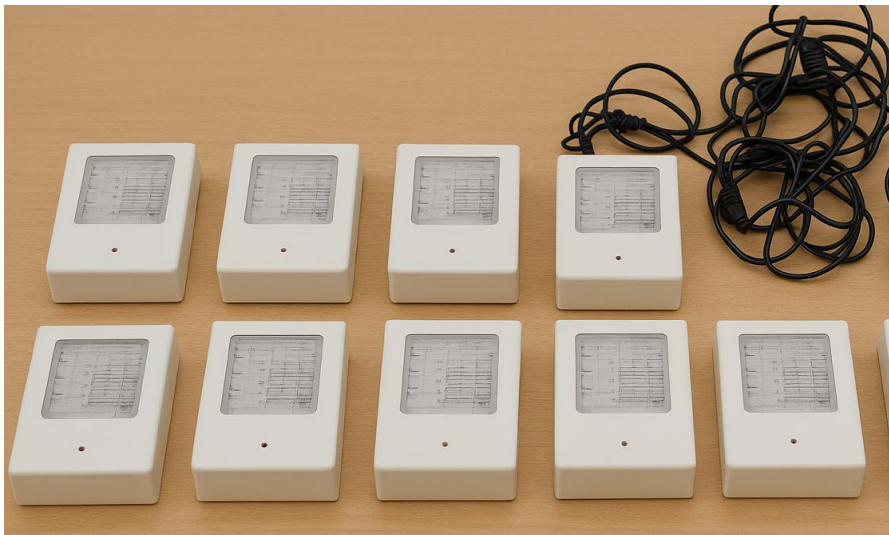
Conclusion: the probability of reaching the curve is related to the feeling of relaxation before the Biodanza sessions.

Examples of ignored studies – regression

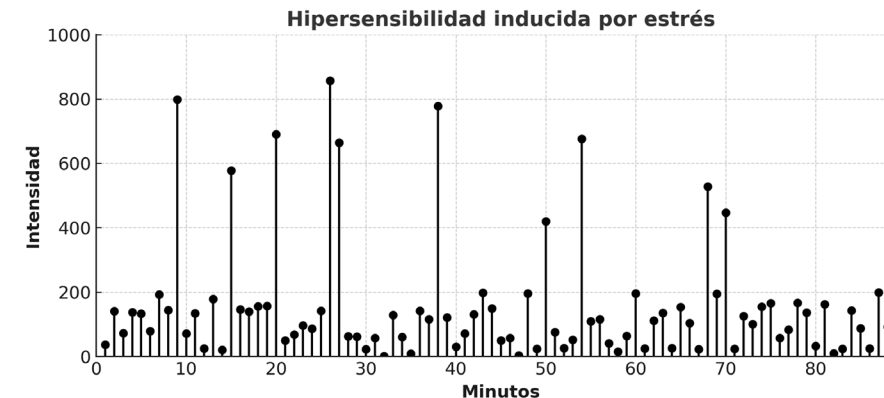
72 hours monitoring of Skin resistance
before, während und nach einer regulären Klasse

B.Aires 1998:

Study to prove the breakdown of psycho-vegetative stress protection mechanisms as an indicator for sympathetic activation as a original life function



Study of physiological protection mechanisms in Biodanza



Ignored studies – what does this mean for Biodanza?

Derivation:

The consequences of ignoring empirical sciences in Biodanza are:

- Loss of credibility
- Stagnation of further development
- Spreading half-knowledge, integrating aspects that do not belong to Biodanza
- Pseudoscientific stigmatisation and reduced appeal to new target groups

What Rolando Toro says about ignored studies?



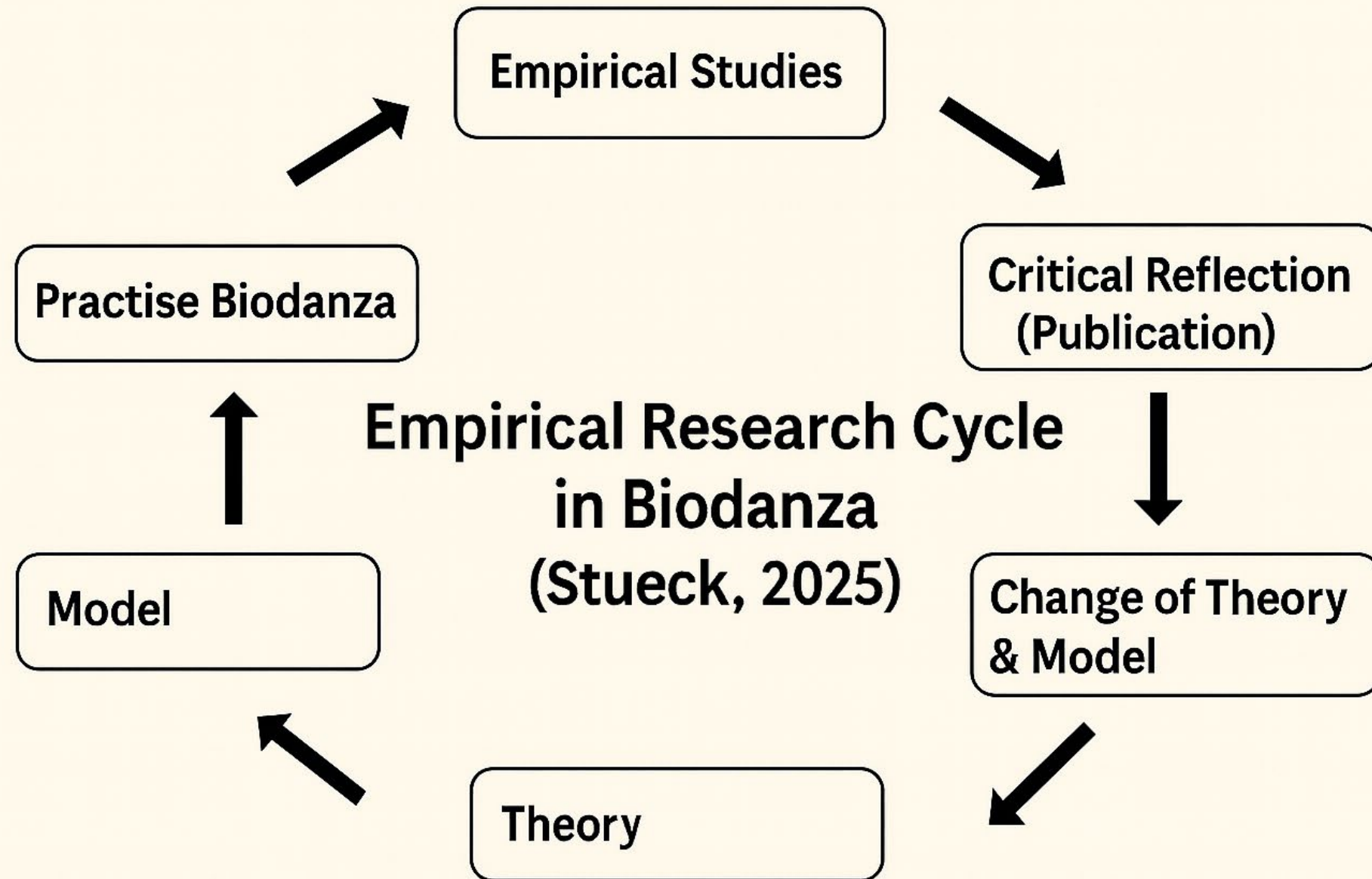
RT:

„Biodanza has no magical connotations. It is based on conventional science, on biology, neurology, advanced psychology, anthropology, sociology, ecology and political science. But there is no magic in it, because things that we cannot explain in accordance with science are not taken into account.” (Toro Araneda, 1991, p. 53).

Toro Araneda, R. (1991). Teoria da Biodança: Coletânea de textos. Editora ALAB.

What is convential science? = it looks for evidence (Proof)

The basic of conventional science (Stueck, 2025)



If we lose sight of Rolando Toro's desire to understand Biodanza as an empirical science by neglecting research, we lose the source – Biodanza loses credibility, protection and a piece of its ethics.

Biodanza must not become a business in which products are sold or trends are catered to, or definitions are made „out of the blue“ (ad hoc).

Biodanza must retain a serious empirical scientific basis, as Rolando Toro has shown. Only in this way can it continue to develop – and that requires hard work on awareness.

That is why empirical science must be part of the director and Didacta training courses as well as the school modules. At the moment it is ignored and not understood !!!!!!! Rolando would have act differently

Observations on the state of Biodanza research by the IBFed Subcommission

Observation 2

Theory is replaced by evidence unrelated to Biodanza:

Empirical studies are not understood as a basis in Biodanza training programmes. Theories are taught as "research" without scientific evidence.

Example:

Neuroscientific (e.g. neuroplasticity), epigenetic studies, polyvagal theory are used to explain biodanza effects without drawing on biodanza studies (e.g. in Didacta training courses, in school seminars).

Comment: There is no understanding that there is a difference between

- primary studies and
- secondary studies,
- literature-based argumentation,
- and non-published empirical observations.

Important distinction in the empirical sciences

Term	Definition of	Characteristics	Example
Primary studies Estimated=20	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.
Secondary studies Estimated=2	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.
Literature-based argumentation Epigenetic, Neuroscience Oxytocin Instinct theorie	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.
Unpublished empirical observations	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

Does Biodanza meet the standards of empirical science?

For self-reading

Preliminary
conclusion

Derivation:

The theory of Biodanza and the biocentric principle, as well as the theoretical model, consist mainly of **literature-based arguments**, without the proof with empiric data related to Biodanza. Scientific studies are taken from the literature and used to describe the effects of Biodanza.

Comment: e.g. epigenetics, neuroscience, the effect of regression, etc., without having primary studies.

The theory of Biodanza and the biocentric principle, as well as the theoretical model, consist mainly of **unpublished empirical observations without the possibility of critical reflexion.**

Does Biodanza meet the standards of empirical science?

For self-reading

Preliminary
conclusion

Derivation:

It is imposible that a intendend science based method („Rolando: Biodanza is a scientific method not magic“) is based on literature-based arguments and unpublished empirical observations without the possibility of critical reflexion. This unscientific approach is used in schools and trainings.

Unfortunately, it must be noted that Biodanza can not be called, because of this reasons as a scientifically based method:

Comment:

- as scientific studies are taken from the literature to describe the effects of Biodanza
- as they are mainly based on "empirical observations" made and described by Rolando, without primary studies on Biodanza being published transparently (unpublished empirical observations).
- Without any possibility of critical reflexions and
- Without the awarenes in the Biodanzamovement about this situation

Observation 3

For self-reading

Problem:

Uncontrolled inclusion of new elements — **definitions**, extensions, applications, or music — detached from Rolando Toro's theoretical model or Rolando Toro's legacy.

Example:

- **The latest definition-proposal from Spain took up an entire page.** From a scientific point of view, this is unacceptable as it is difficult to study.
- **There are attempts to combine Biodanza with energy work** (e.g., chakras, Bach flower remedies) and **psychotrope substances**.

Legacy Rolandos: Person 1 (Sergio Cruz): *"He always giving a great importance to Biodanza being understood as a science and not as a magical discipline."* (quoted in Stueck, 2025)

Comment: Before such actions (approval of extensions and applications, changes to definitions) are initiated, reviews (critical evaluations) should be obtained from the Methods Commission "Science and Research. For music is another commission"

Observations on the state of Biodanza research by the IBFed Subcommission

IBFed Subcomisión
Metodológica
Biodanza e Investigación
Emilse Inés Pola, Juan Gavilán,
Myriam Sofía López, Marcus Stueck

Observation 3

For self-reading

Problem:

Example: Inflationary attempts to integrate new definitions.

Research-Book „Linguistic research about the Language
In Biodanza
„Kateřina Strnadová”

– 18 definitions of what is Biodanza



Kateřina
Strnadová

Observation 3: Inflation von Definitionen, nicht-modellkonformen Aspekten

What is a scientifically grounded definition?

A scientific definition in Biodanza describes concepts clearly, verifiably, and in connection with scientific frameworks – in contrast to poetic descriptions.

Core elements:

Conceptual precision: clear, measurable definitions of key terms (e.g. vitality).

Empirical basis: grounded in verifiable and published Biodanza research findings.

Theoretical embedding: linked to established scientific models.

Reproducibility: allows application and verification by other researchers.

Demarcation: avoids pseudoscientific claims; focuses on traceable, evidence-based statements.

It is a system of intervention in the **epigenetic process** through an enriched environment of love (affective contact) and existential self-regulation.

“Biodanza is a system of **human integration, organic renewal, affective re-education** and **relearning of the original life functions**”.

(Definition of Biodanza – International Biocentric Federation, IBFed)

There are attempts to combine Biodanza with energy work (e.g., chakras, Bach flower remedies) and psychotrope substances.

For self-reading

**Preliminary
conclusion**

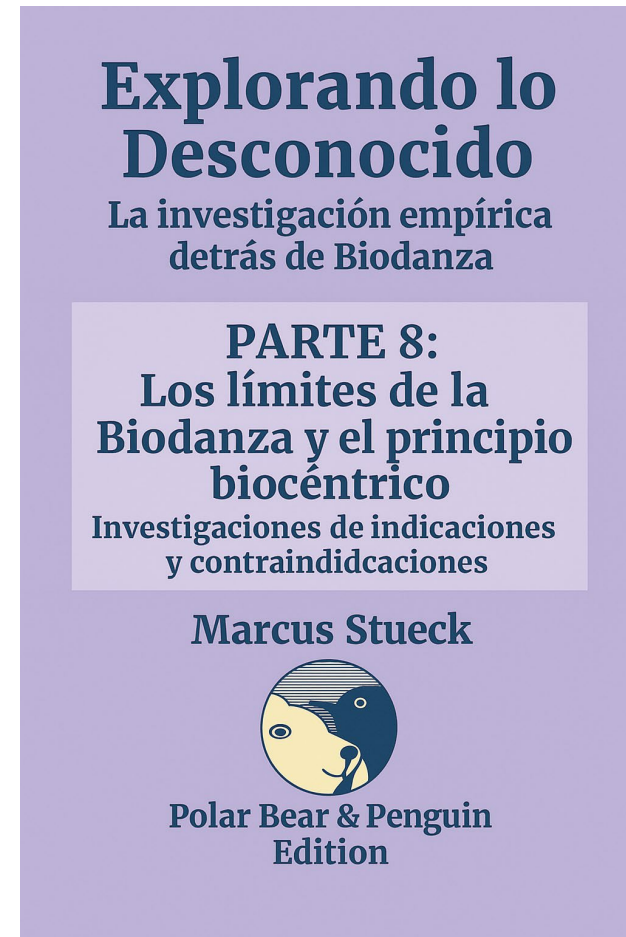
Derivation

**we need to define the limits of the Biodanza method.
Ist like a immunsystem, what let i in, what has to
remain outside.**

Otherwise,
Biodanza becomes a pseudoscientific method

Without limits Biodanza will disintegrate destroy itself.

**This is a scientific task rather than an intuitive or
political one**



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How can the limits of Biodanza be determined?

For self-reading

- Historical research, text analyses, example

Person 2 (Sandra Sallmasso): *He repeatedly emphasised that the fundamentals of Biodanza are biological in nature and that he did not want it to be confused with anything esoteric or oriental. Above all, because Biodanza is a relational and not a **solipsistic** development.*

- Reference back to the theoretical model and definition
- Inclusion of empirical research
- Inclusion of metamodels (including relative biocentric health theory)

First scientific theory about the biocentric principle (=Meta-theory)

For self-reading

BIOCENTRIC HEALTH IN HUMAN DEVELOPMENT, BAND 1

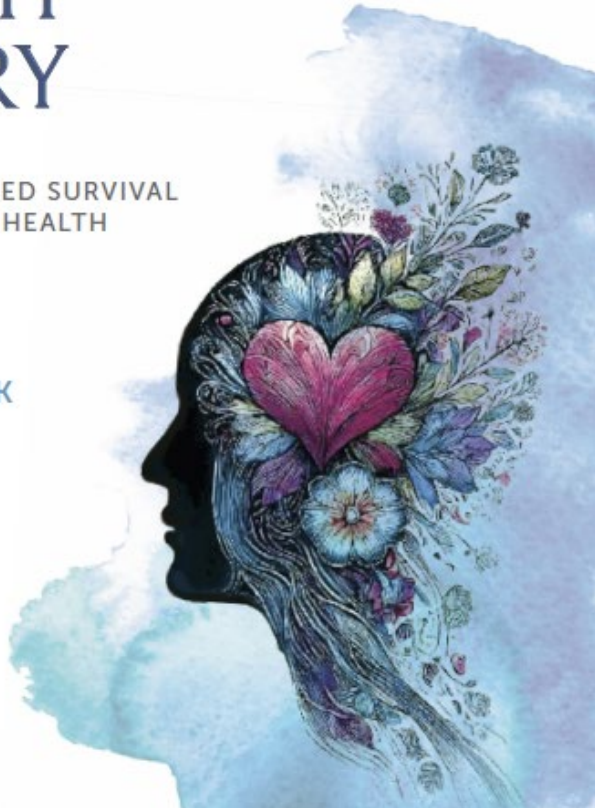
RELATIVE BIOCENTRIC HEALTH THEORY

FROM EGO-CENTERED SURVIVAL
TO LIFE-CENTERED HEALTH

MARCUS STUECK

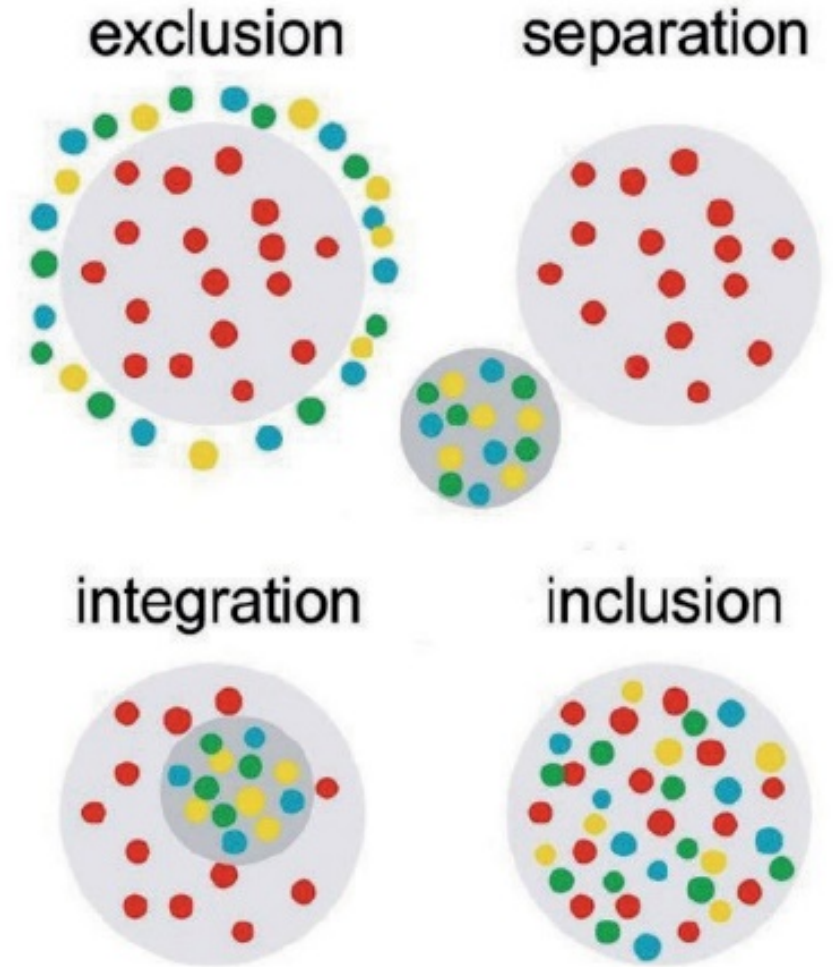
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**Biocentric
basic
assumption:**

**Biodanza is a
system of
integration,
not inclusion**



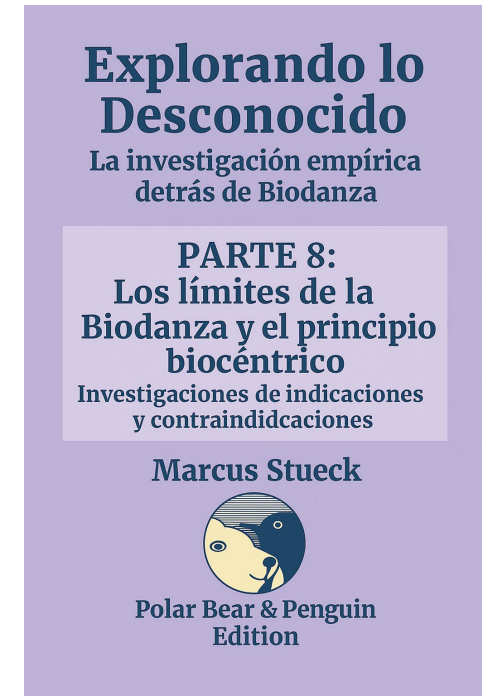
What are the limits of the Biodanza method?

For self-reading

Preliminary
conclusion

Derivation of selected limits of Biodanza:

- Entheogenic psychotropic substances as a boundary
- Metaphysical concept of energy as a boundary (Bach flower remedies, chakras)
- Online Biodanza as a boundary
- Holographic breathing as a boundary
- Ignorance of empirical science as a boundary



Article:

Stueck, M. (2025)
“The Borders of Biodanza –
An analysis on the base of the
Biocentric Health Theory and the
Legacy of Rolando Toro”

Download: www.bionet-research.com

The role of empirical research in Biodanza?

Part 5

Are the models of Biodanza scientific models?



Prof. Dr. habil. Marcus Stueck

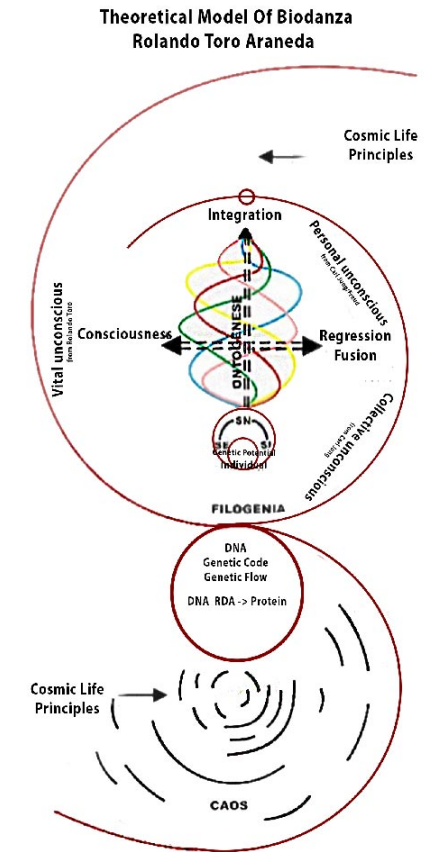
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Is the theoretical model of Biodanza a scientific model?

What constitutes a scientific model?

A scientific model should:

- have clearly defined concepts **(YES)**,
- generate hypotheses that are verifiable **(YES and NO)**,
- be supported or refutable by peer reviewed published empirical data, related to Biodanza **(YES and NO)**,
- be discussed in scientific discourse (publications, peer review, critical reflexion) **(NO)**.



Legacy Rolandos: Person 1 (Sergio Cruz): *"He always giving a great importance to Biodanza being understood as a science and not as a magical discipline."* (quoted in Stueck, 2025)

Is the theoretical model of Biodanza a scientific model?

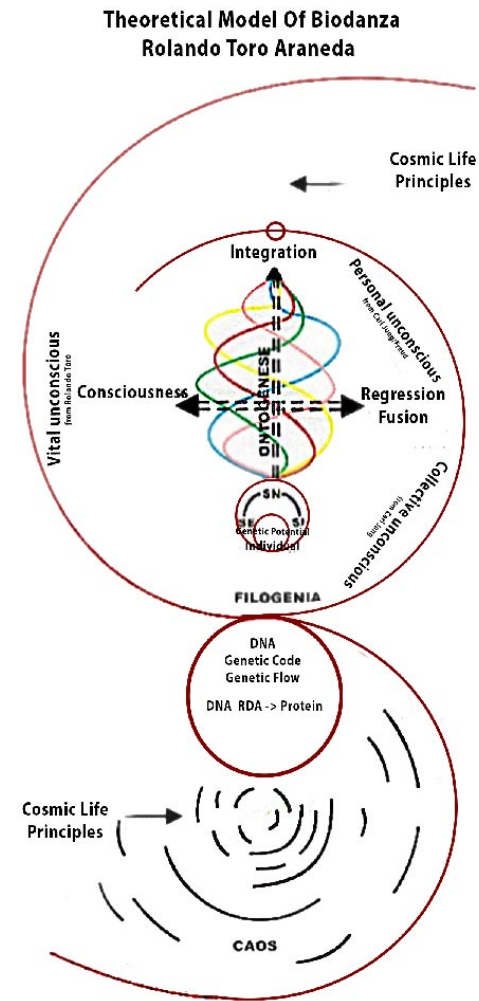
For self-reading

Where has it been successful, but not yet sufficiently so?

Well researched: subjective well-being, quality of life, social/emotional skills, educational use.

Hardly researched: biological mechanisms of action (neuroscience, epigenetics), methodologically high-quality studies (experimental control group studies).

However, modules with little-researched mechanisms of action are being offered in schools – this is unscientific (pseudoscientific). Biodanza loses credibility.



Is the theoretical model of Biodanza a scientific model?

For self-reading

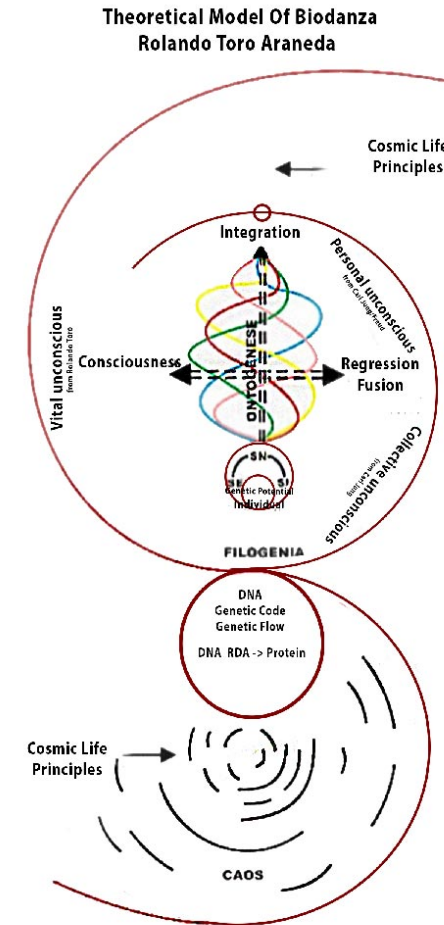
Preliminary
conclusion

Derivation:

The theoretical model has not been fully investigated using Biodanza data, e.g.

- DNA/RNA expression
- Epigenetics
- Vital unconsciousness
- Neuroplasticity
- Instincts
- Biophotons

And when it has been studied, the data has not been published independently. There is no possibility of critical reflexions based on data and therefore **it is built up either rigidity or anarchy (Chaos) in the movement. Biodanza is in a critical situation.**



Is the theoretical model of Biodanza a scientific model?

Preliminary
conclusion

Legacy Rolandos: Person 1 (Sergio Cruz): *"He always giving a great importance to Biodanza being understood as a science and not as a magical discipline."* (quoted in Stueck, 2025)

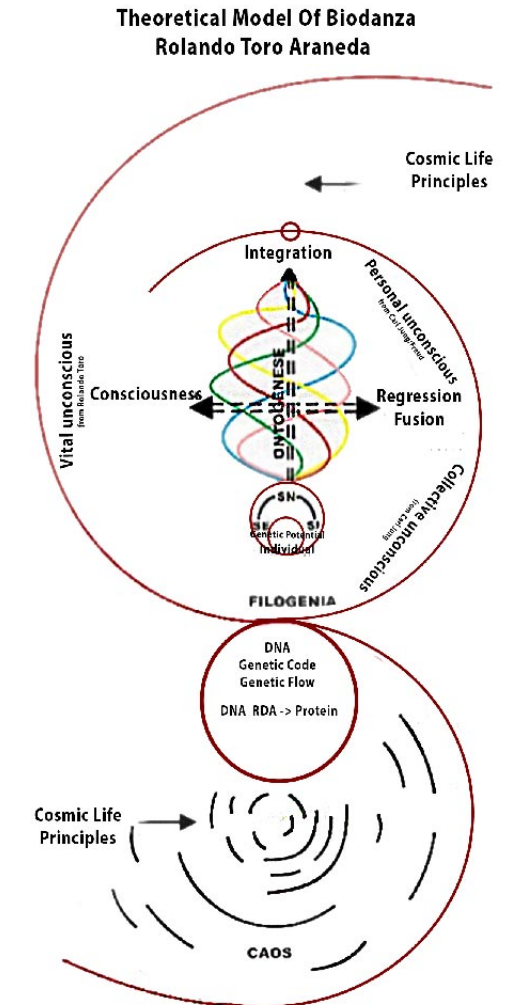
Derivation:

It is a **theoretical scientific model** because it formulates hypotheses, defines terms and establishes links to established scientific concepts.

Why is TM not a scientific model?

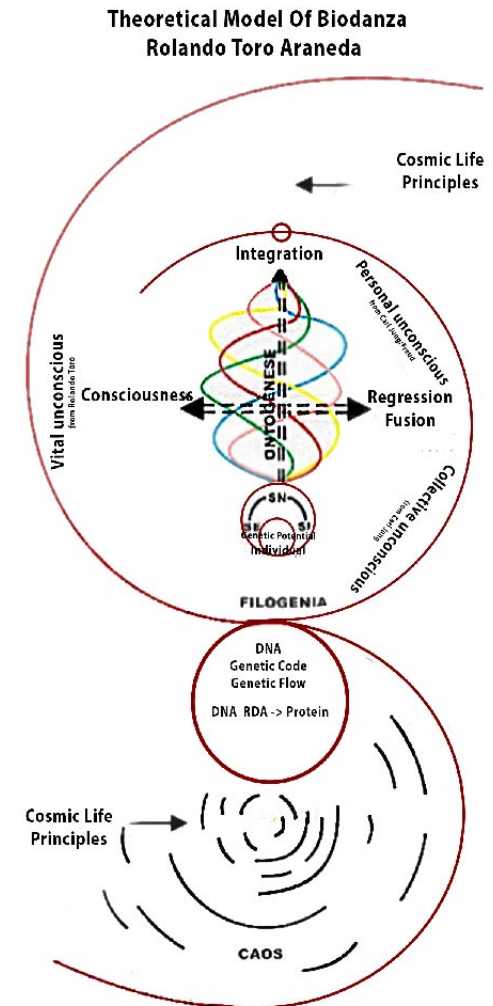
It is **not an empirically validated model** – because the evaluation with data (e.g. from neurobiology, etc.) is missing or has not been published independently.

The biggest problem is the ignorance of scientific work in Biodanza (see Observation 1 in Question 4).



Derivation

Models are not an end in themselves, but dynamic constructs that can be confirmed by empirical research and can also be modified as a result of critical reflection. -



Are the „biocentric principles“ based on a scientific model?

Preliminary
conclusion

Derivation:

For self-reading

Rolando Toro's biocentric principle is a

- **philosophical-theoretical model with scientific claims, but it is not a scientifically proven model** in the strict sense as long as the hypotheses have not been systematically tested (**=Evidence**).
- This requires, for example, indicators that can measure what "putting life at the centre" means. And it requires scientific discourse on the subject (publications).
- Until now, there has been no **theoretical model** for empirically investigating the concept of 'life at the centre'.
- **No empirical studies** on this approach have been **published** to date.

Legacy Rolandos: Person 1 (Sergio Cruz): *"He always giving a great importance to Biodanza being understood as a science and not as a magical discipline."* (quoted in Stueck, 2025)

Are the biocentric principles sufficiently described scientifically?

First Scientific model of the biocentric paradigm, including the biocentric principle and biocentric education



Development period 2020–2025

From November 2025 in English, 2026 in Spanish

Information and ordering:
marcus.stueck@bionet-research.com

BIOCENTRIC HEALTH IN HUMAN DEVELOPMENT, BAND 1

RELATIVE BIOCENTRIC HEALTH THEORY

FROM EGO-CENTERED SURVIVAL
TO LIFE-CENTERED HEALTH

MARCUS STUECK



First scientific Theory about Biocentric Principles

For self-reading

BIOCENTRIC HEALTH IN HUMAN DEVELOPMENT, BAND 1

RELATIVE BIOCENTRIC HEALTH THEORY

FROM EGO-CENTERED SURVIVAL
TO LIFE-CENTERED HEALTH

MARCUS STUECK



Five articles in peer-reviewed journals (in preparation)

- Relative biocentric health theory – Introduction
- Introduction to applied quantum psychology
- Unfolding of Life and holographic aspects
- The scientific meaning of heart intelligence
- How science deals with the invisible: *Der Spirituelle und kosmische Big Bang – die Handhabung der unsichtbaren und der sichtbaren Ebenen in den Lebens-Wissenschaften*

Scientific Forerunner of the Relative Biocentric Health Theory

HEALTH PSYCHOLOGY REPORT · VOLUME 9(2), 2021
ORIGINAL ARTICLE

Marcus Stueck 

The Pandemic Management Theory. COVID-19 and biocentric development

First attempt to describe the biocentric principle of Rolando scientifically

Development period 2020 – 2021

5000 Downloads in research gate:

www.bionet-research.com

Scientific model: Every position in this model is empirically verifiable.

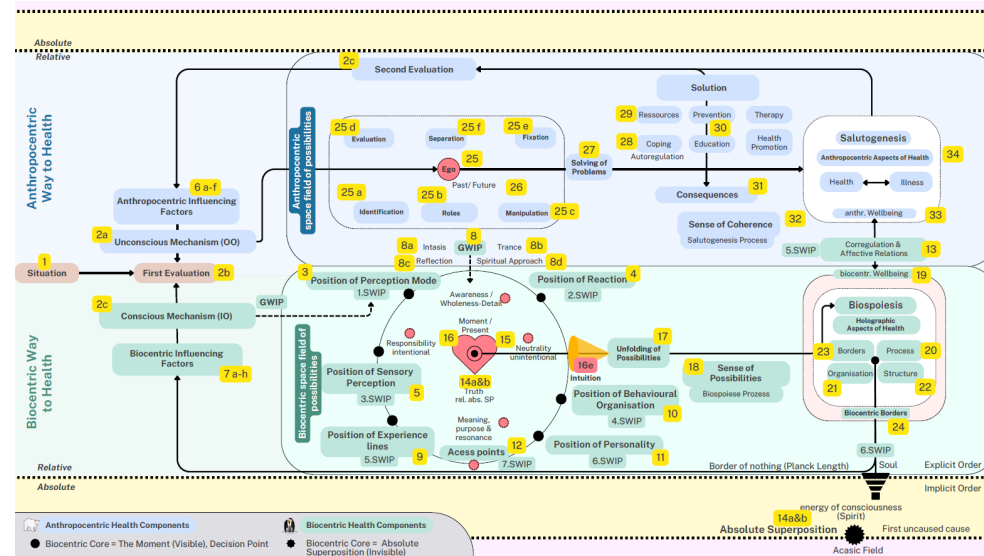
It is standard scientific practice to separate theory and model. Until now, the biocentric principle had no scientific model. In empirical research, every part of the model must be empirically and scientifically verifiable.

BIOCENTRIC HEALTH IN HUMAN DEVELOPMENT, BAND 1

RELATIVE BIOCENTRIC HEALTH THEORY

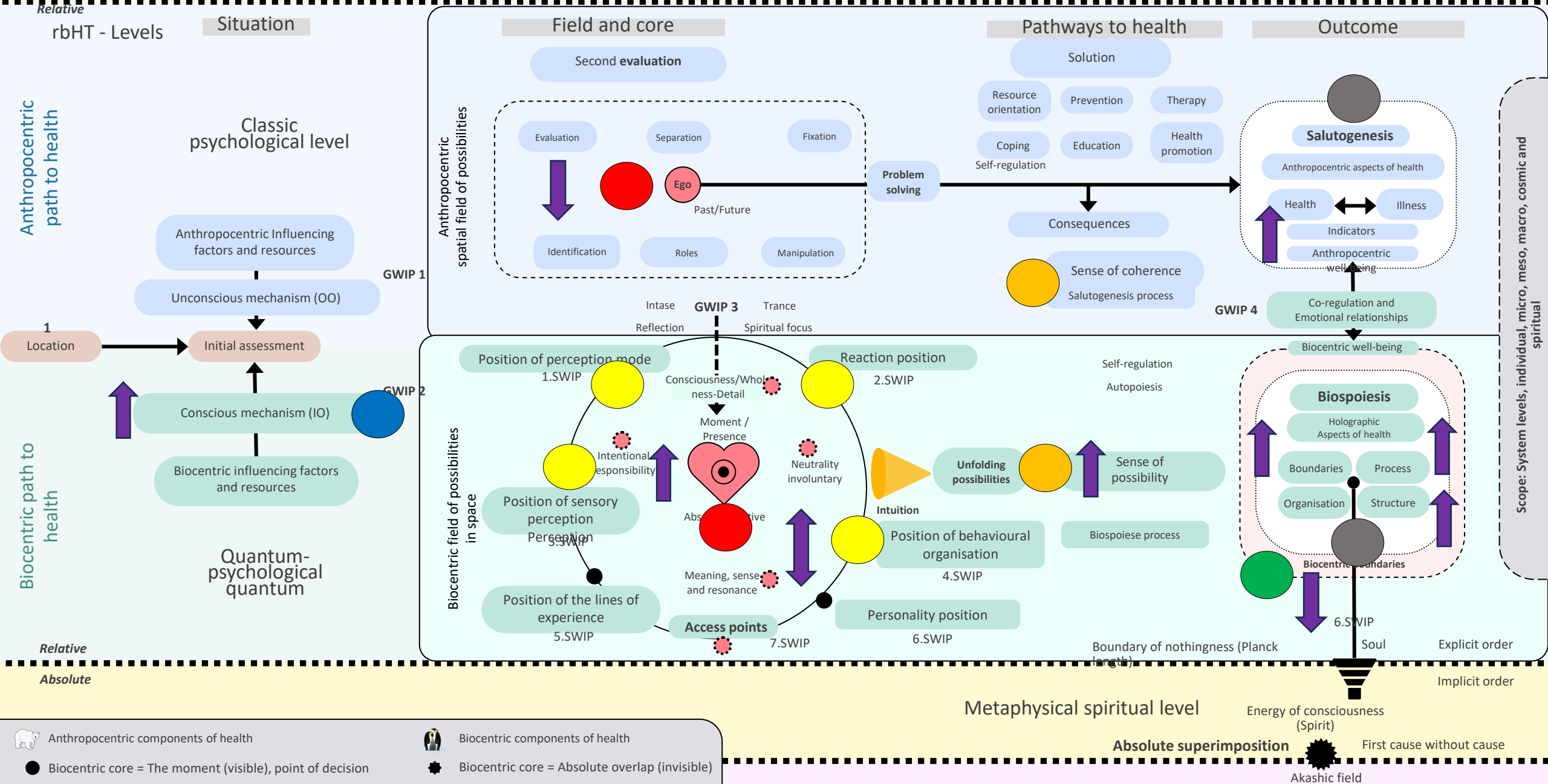
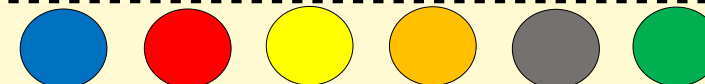
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Jeder Punkt des modells kann untersucht werden
z.B. mit dem Biocentric Health Questionnaire

rbHT model: variables investigated



Biocentric indicators for “Life in the Centre”

– holographic aspects of life and physiological measurement.

For self-reading

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RELATIVE BIOCENTRIC HEALTH THEORY

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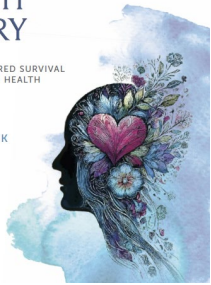
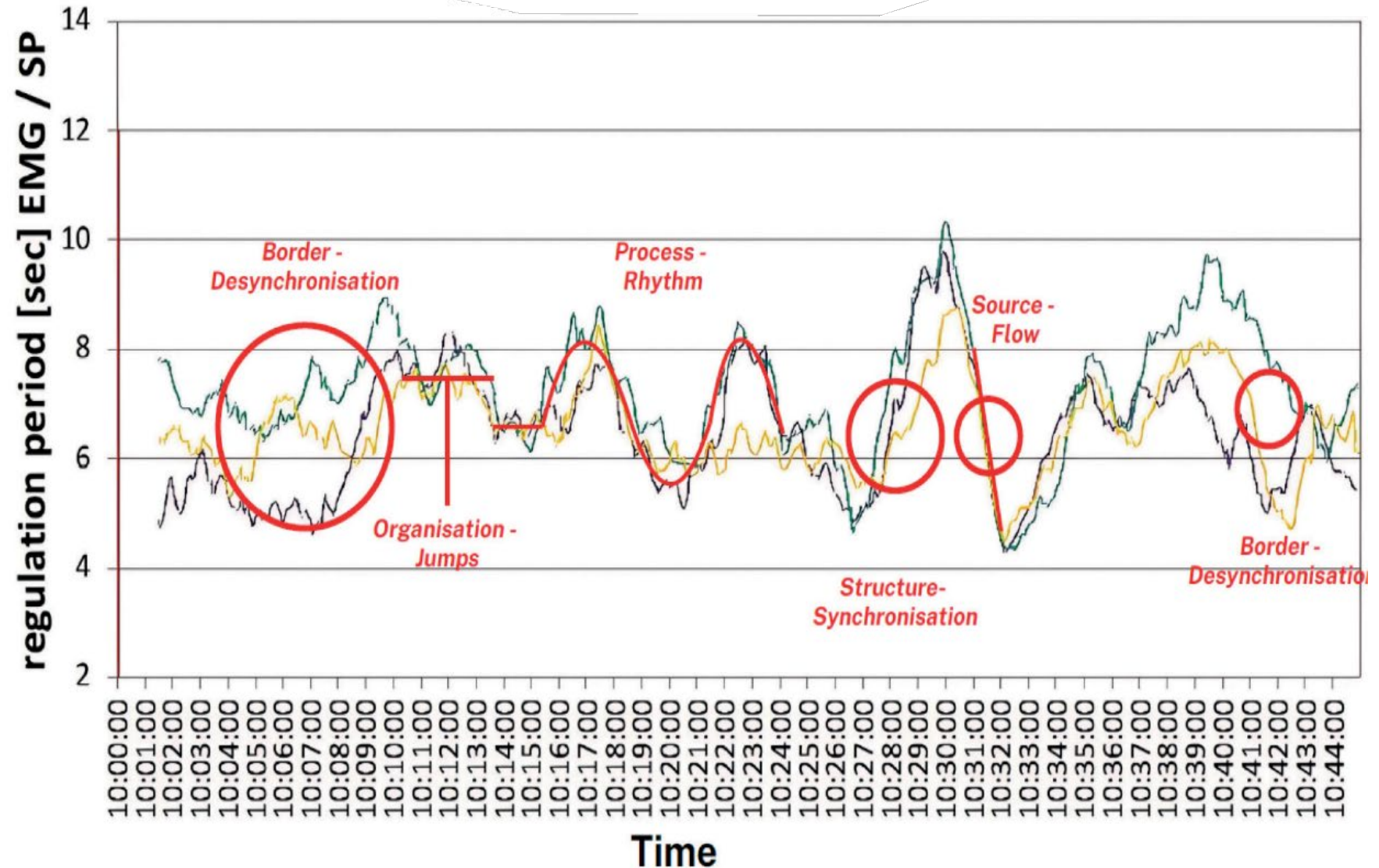


Figure: Device for measuring the time series with the holographic features.



Biocentric indicators for “Life in the Centre”

For self-reading

– holographic aspects of life and physiological measurement.

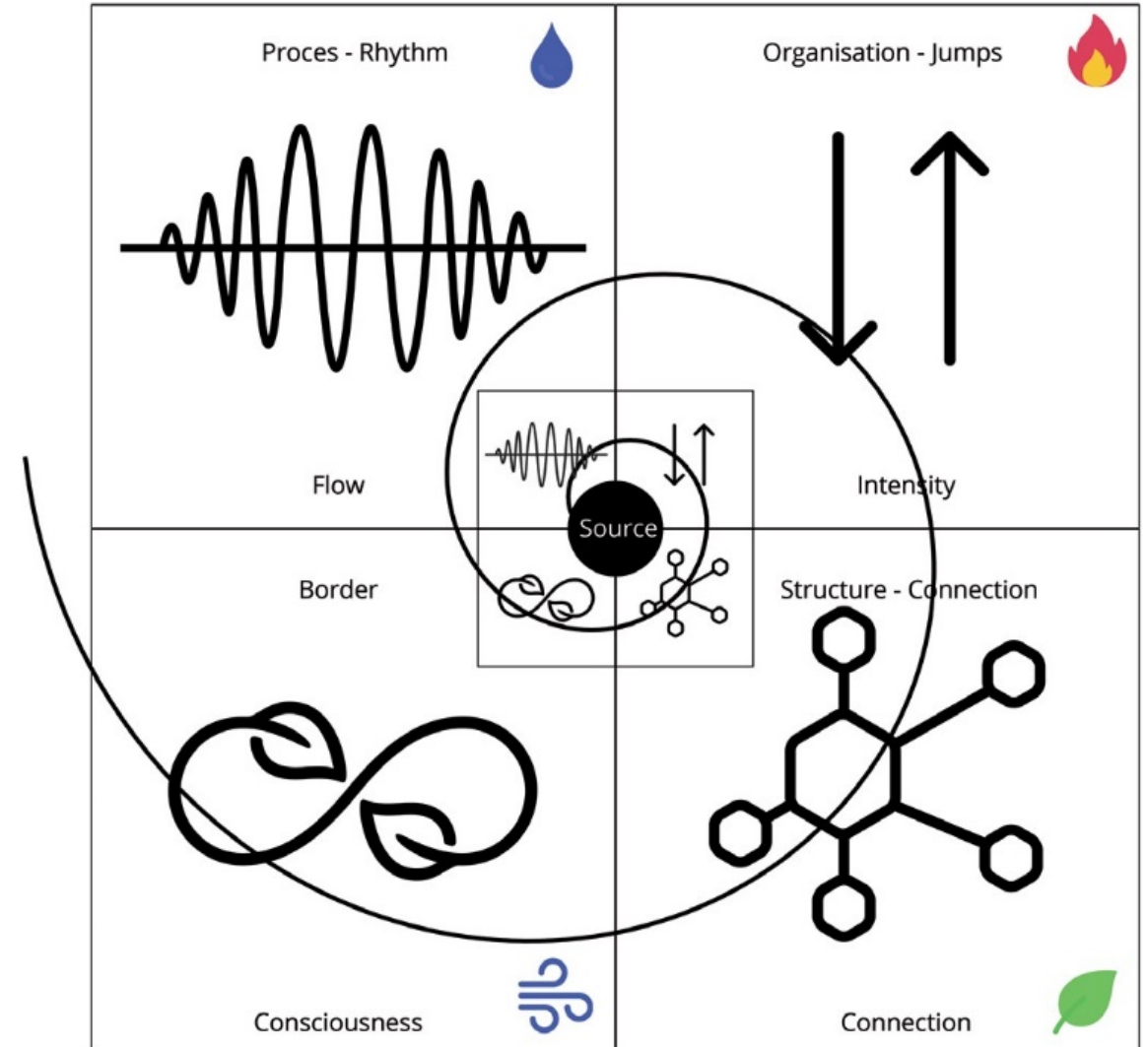
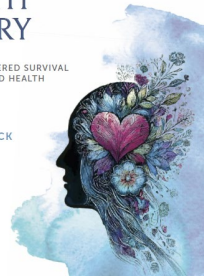
These indicators (holographic aspects) can be examined on all systemic levels: individual (human), micro (family), meso (organizations), macro (states), as well as cosmic, biocosmic, biological (chronobiological), societal, rational/irrational levels, etc. (Stueck, 2025)

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Ways for Biodanza teachers, didactas, and directors to gain knowledge about the empirical basis of the theoretical model and the biocentric principle:

2 books on the scientific basis of the models

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Explorando lo Desconocido

La investigación empírica
detrás de Biodanza

PARTE 11:
Investigaciones
científicas sobre
el Modelo Teórico
de Biodanza
una reflexión crítica

Marcus Stueck



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The role of empirical research in Biodanza?

Part 6

What is Evidence?



Prof. Dr. habil. Marcus Stueck

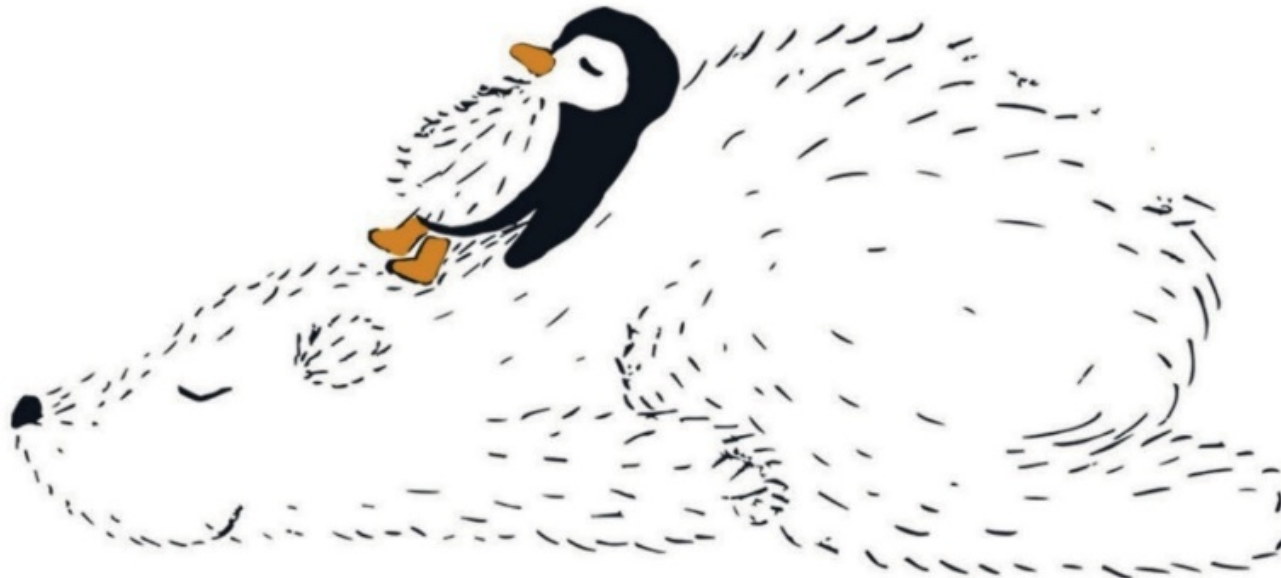
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Emirical science (evidence) meets Biodanza (experience)

Evidence generally means "proof" or "verification"
= **the life of the polar bear** – from the body into
the head

Experience (Vivencia) means "living in the here
and now" = **the life of the penguin** – from the
head into the body



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What is evidence?

For self-reading



Evidence generally means "proof" or "verification".

Evidence = the existence of verifiable data or observations that support or refute a statement.

It is therefore a question of whether something is **justified, comprehensible and confirmed by research** – not just a personal opinion or experience.

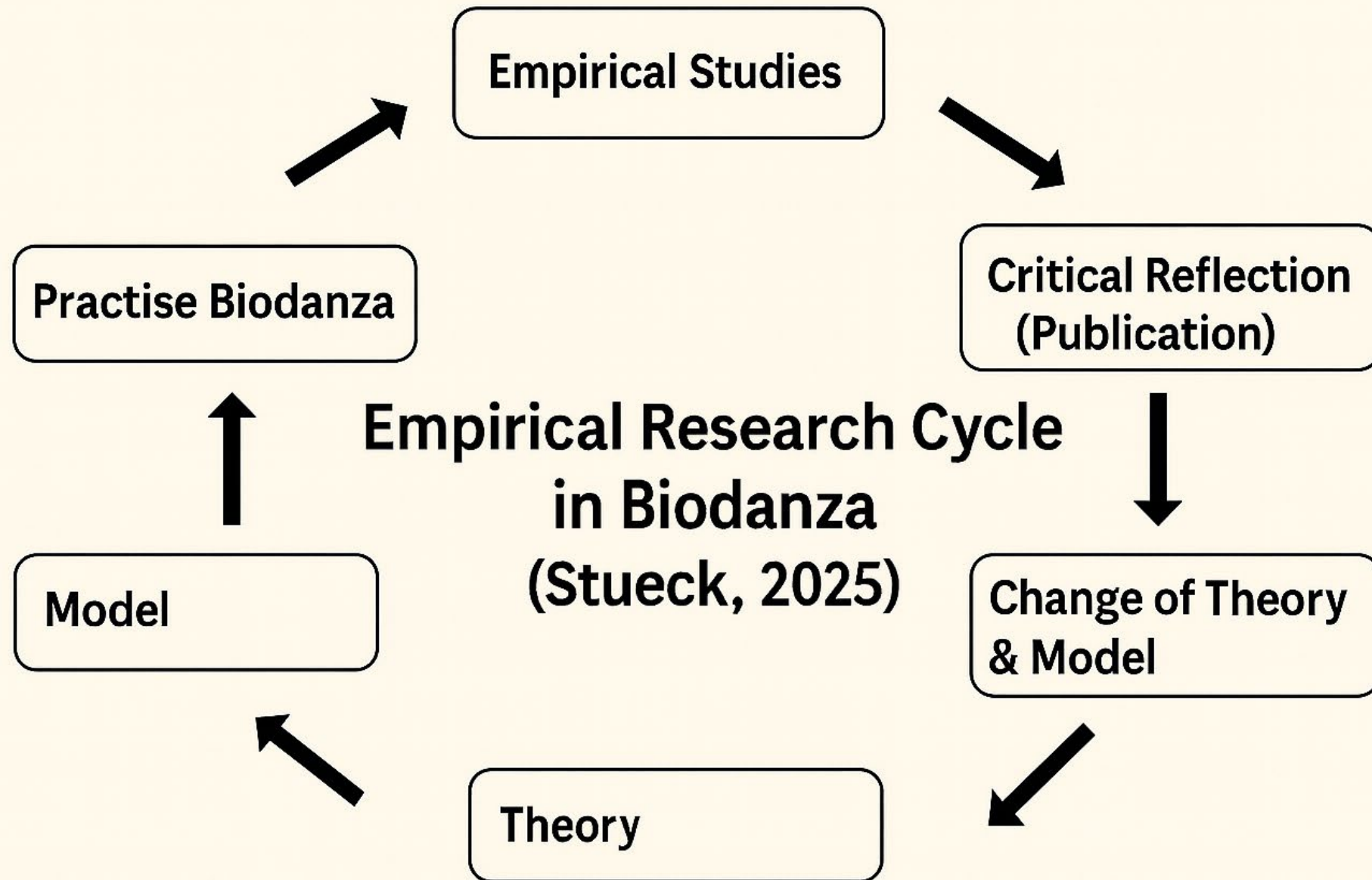
Example:

"I feel more relaxed after Biodanza" = personal experience.

"In a study, the stress hormone cortisol decreased significantly after Biodanza"
= evidence.

The evidence is considered to have been provided once it has been published (ideally in peer-reviewed journals).

How are effects and mechanisms of action determined (Stueck, 2025)



What is not evidence?

For self-reading

Effects are repeatedly postulated and taught that have no evidence in relation to Biodanza.

Six examples of things that have no evidence in Biodanza:

- Specific Dances and hormonal changes
- Polyvagal theory has not been tested with Biodanza.
- Epigenetics has not been studied in relation to Biodanza
- Oxytocin has been tested in relation to Biodanza but there were no effects (Stueck, Raykova, Sturmane, cited in Stueck, 2025)
- Neuroscientific variables have not been tested in relation to Biodanza, or studies have not been taken into account (left-right hemisphere activation, Stueck, Balzer, et al., 1998).
- The entire instinct theory has not been tested in relation to Biodanza

What is not evidence?

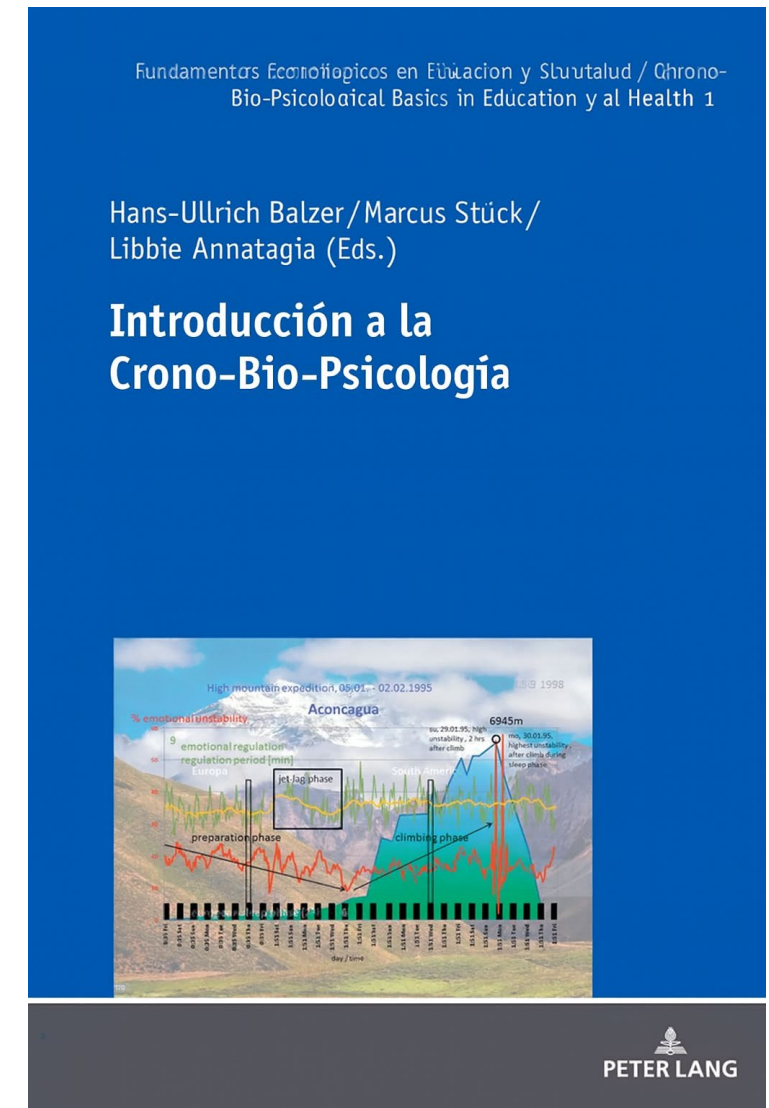
– table from school material

Adrenaline/noradrenaline	Dances of Identity; Power; Potency
Serotonin, dopamine	Walking; Rhythmic, melodic synchronisation
Acetylcholine, testosterone	Regressive, slow dances; trance, transcendence
Endorphins	Euphoria, dances of vitality

It is very difficult to determine this, since hormones follow specific rhythmic patterns.

Comment: This table = hypothesis, we can not teach it in schools as is it evidence

Chronobiopsychology plays little role in Biodanza theory, yet it is the science that explores the human connection to the cosmic environment. This book also includes several Biodanza studies.



When a dance has been performed, the physiological effect often appears with a delay, and it is unclear when the hormonal rhythm actually started.

Sustancia	Tipo de ritmo	Duración del ciclo (aprox.)	Danzas / Nivel de efecto asociado
Adrenalina	Ultradiano	10 minutos	Vitalidad, activación, danza expresiva
Noradrenalina	Ultradiano	5 minutos	Atención, presencia, movimiento rítmico
Serotonina	Ultradiano / Circadiano	90 minutos	Armonía, serenidad, movimientos fluidos
Dopamina	Ultradiano	30 minutos	Alegría, motivación, danzas creativas
Testosterona	Circadiano	90 minutes	Autoconfianza, expansión, encuentro
Acetilcolina	Ultradiano	5 minutos	Conciencia, percepción, contacto
Endorfinas	Ultradiano	60–90 minutos	Éxtasis, conexión, regresión

What is to do?

For self-reading

Preliminary
conclusion

Derivation:

The effects of different dance types on hormones can only be measured validly if their specific secretion rhythms are taken into account and the sampling times are adjusted accordingly.

- Fast-acting hormones such as adrenaline or noradrenaline require closely timed sampling intervals within the first few minutes,
- while slower systems such as serotonin, endorphins, or testosterone should be monitored over longer periods of 60–90 minutes after the dance.

Conditions has to be controlled (Experimental, Controlgroup-study with beginners)

What is not evidence? What is pseudoscientific?

For you to read yourself

Comment: Something is **pseudoscientific** when it creates the **appearance of science** but is **not based on objective research or verifiable data**.

Example Polyvagal Theory

Statement on Facebook – Advertising for Biodanza

*„**Polyvagal theory** shows that security comes from bonding – feeling safe activates the vagus nerve and brings calm and connection. Gabor Maté emphasises that trauma lies in the loss of this connection; healing is a reunion in a safe space. **Biodanza creates precisely this space – through music, movement and encounter, trust returns, isolation transforms into presence, fear into vitality. True healing comes from connection**“.*

Is this statement scientific or pseudoscientific?

Is the statement on Facebook pseudoscientific? Detailed Analysis

For self-
reading

There is no evidence in the direct Parameter related to polyvagal theory and Biodanza: HRV (RMSSD, HF power, RSA)

Comment: RMSSD (Root Mean Square of Successive Differences), RSA (Respiratory Sinus Arrhythmia), and Heart Frequency (HF) are direct parameters of vagal activity.

**There is evidence in the indirect markers:
cortisol, IgA, heart rate, blood pressure**

**There is supplementary subjective evidence:
questionnaires on safety, connectedness, stress**

Comment: This direct and indirect Parameter could be used to show that: Biodanza → increases vagal activity (HRV ↑, cortisol ↓) → promotes the **polyvagal state of calmness and connectedness**.

Is the statement on Facebook pseudoscientific? Detailed Analysis

There are publications on:

Supportive markers: cortisol, IgA, heart rate, blood pressure

Complementary-subjective: questionnaires on safety, connectedness, stress

López-Rodríguez, M. M., Fernández-Martínez, M., Granados-Gámez, G., Fernández-Sola, C., & Hernández-Padilla, J. M. (2017). *Effects of Biodanza on stress, depression, and sleep quality in university students*. Journal of Alternative and Complementary Medicine, 23(7), 558–565. <https://doi.org/10.1089/acm.2016.0365> [PubMed+1](#)

Vitale, C., et al. (2024). *Effects of Biodanza® SRT on motor, cognitive, and behavioural symptoms in patients with Parkinson's disease: A randomised controlled study*. Journal of Personalised Medicine, 14(6), 588. <https://doi.org/10.3390/jpm14060588> [PubMed](#)

Stueck, M., & Tofts, P. (2016). *Biodanza effects on stress reduction and well-being – A review of study quality and outcome*. (Signum Temporis). [ResearchGate+2bionet-research.com+2](#)

Stück, M., Villegas, A., Bauer, K., Terrén, R., Toro, V., & Sack, U. (2009). *Psycho-immunological process evaluation of Biodanza*. Journal of Pedagogy and Psychology (Signum Temporis), 2(1). <https://doi.org/10.2478/v10195-011-0024-7>

Stueck, M., Villegas, A., Lahn, F., Bauer, K., Tofts, P., & Sack, U. (2016). *Biodanza for kindergarten children (TANZPRO-Biodanza): Reporting on changes of cortisol levels and emotion recognition*. Body, Movement, and Dance in Psychotherapy, 11, 75–89. <https://doi.org/10.1080/17432979.2016.1124923>

Greaves, V., Stueck, M., & Svence, G. (2016). *Changes in the emotional and social competences of first-grade school children in the TANZPRO-Biodanza intervention group*. In Proceedings of the International Scientific Conference Society. Integration. Education (Vol. 1, pp. 344–356). <https://doi.org/10.17770/sie2016vol1.1528>

There are no publications on direct vagal activity via HRV parameters.

Comment: Thus, the connection between Biodanza and polyvagal theory has **not yet been empirically proven** in terms of biological evidence of vagal activation.

Is the statement on Facebook pseudoscientific?

For self-reading

Detailed Analysis

1. Polyvagal theory (Porges):

1. Statement correct: Security arises from social bonds, mediated by the vagus nerve.
2. Empirically supported by many studies (HRV, RSA, etc.) → **scientifically sound**.

2. Gabor Maté (understanding of trauma):

1. He describes trauma as "loss of connection to oneself and others".
2. This is a **theoretical/clinical concept**, widely used but less experimentally "provable".

3. Biodanza:

1. This is where the critical point begins:
2. Studies show **stress reduction, cortisol decreases, IgA increases, improvements in depression/sleep** → **indirect evidence**.
3. But: **no direct HRV/vagus data**. Therefore, the connection to polyvagal theory is currently a **hypothesis**, not empirically proven.

4. "True healing comes from connection..."

1. Poetic, consistent with polyvagal theory and Maté's approach.
2. But so far only indirectly supported empirically for **Biodanza**.

Is the statement on Facebook pseudoscientific?

For self-reading

Preliminary
conclusion

Derivation:

If we make big claims like “Biodanza heals trauma” or “Polyvagal theory works in Biodanza” without proof, it can sound unscientific and make Biodanza less credible — even if parts of it are true.

Scientifically, one would have to formulate it as follows:

*"Biodanza **can** create a space that, according to theoretical models (polyvagal theory, Maté), promotes safety, connectedness and healing. Initial studies show stress reduction and physiological markers such as cortisol and IgA changes, but direct evidence of vagal activation through Biodanza is still pending."*

The role of empirical research in Biodanza?

Part 7

Why a evidence-based practice is necessary – Overview about the evidencebased Biodanzaprogrammes



Prof. Dr. habil. Marcus Stueck

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Metodológica
Biodanza e Investigación

Emilse Inés Pola, Juan Gavilán,
Myriam Sofía López, Marcus Stueck

Why evidencebased practise?



Problems institutions have with Biodanza:

- When people unfamiliar with Biodanza search for it online, they often find both attractive and confusing or unsettling images, especially those in professional or institutional roles.

Example: In Latvia, schools , care institutions, clinics see online videos of intimate Biodanza scenes as a problem. In Nepal, in Iran it was a requirement

Derivation:

The evidence-based approach helps institutions understand where Biodanza is effective and where it has limits or contraindications.

Ebert (1993, cited in Stueck, 2007): The key for any intervention method is defining its limits and contraindications.

Why are evidence-based programmes important?

For self-reading

Derivation:

Evidence-based programmes are essential in working with organisations and institutions because they provide protection, trust, transparency, and connection.

Empirical research and evidence on the effects and mechanisms of Biodanza have enabled the introduction of Biodanza and other biocentric projects into institutions.

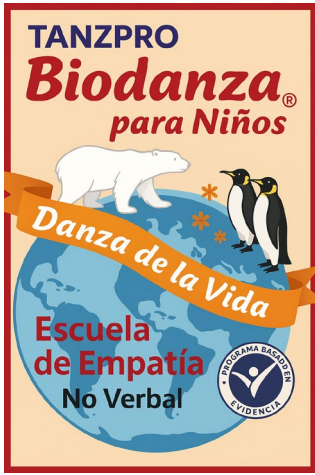
Examples of evidencebased programmes

For self-reading



Examples of the introduction of evidence-based Biodanza programmes (Biodanza interventions) in institutions:

- in Germany (2007–2011: Ministry of Health, Berlin, funding amount €500,000, University of Leipzig, Technical University of Dresden) **Implementation of TANZPRO Biodanza for children**
- in Latvia since 2013 Work in around 50 schools, daycare centres and institutions with TANZPRO Biodanza for children
- in Indonesia (**work with Muslim children** since 2010)
- In Nepal (disaster relief after earthquake with Biodanza, 2014), **Implementation of TANZPRO Biodanza for posttraumatic growths**
- In Germany research on **Biodanza with seniors**
- In Gran Canaria, **research on Biodanza Aquatica**
- in Iran (work with biocentric projects, since 2015)



Evidence-based programme with children for institutions
(e.g. TANZPRO-Biodanza for children in Latvia and Germany)



Origin and Development of Biodanza in Latvia by the evidencebased approach

Zum Selbstlesen

Examples

Historical Research

Person 1 (Vineta Greaves):

“One could say that the entire Biodanza movement in Latvia originated at the university, where research projects were carried out, including evidence-based programmes for children and teachers. From there, it spread throughout the country over the course of 15 years.”

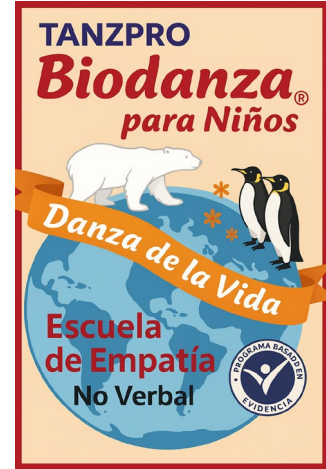
SOCIEDAD. INTEGRACIÓN. EDUCACIÓN
Actas de la Conferencia Científica Internacional. Volumen 1, 27–28 de mayo de 2016, pp. 344–356

CAMBIOS EN LAS COMPETENCIAS EMOCIONALES Y SOCIALES DE LOS NIÑOS DE PRIMER GRADO EN EL GRUPO DE INTERVENCIÓN TANZPRO-BIODANZA

Vineta Greaves (Grīvza)
VCG SIA, Letonia

Marcus Stueck
Universität der Ciencias Aplicadas de Sajonia Leipzig
(DPFA-Zwickau), Alemania

Guna Svence
Academia de Formación de Profesores y Gestión Educativa
de Riga, Letonia



Evidence-based practice is essential when applying Biodanza in Muslim contexts or institutions (e.g., TANZPRO-Biodanza for children in the Muslim context).

Examples

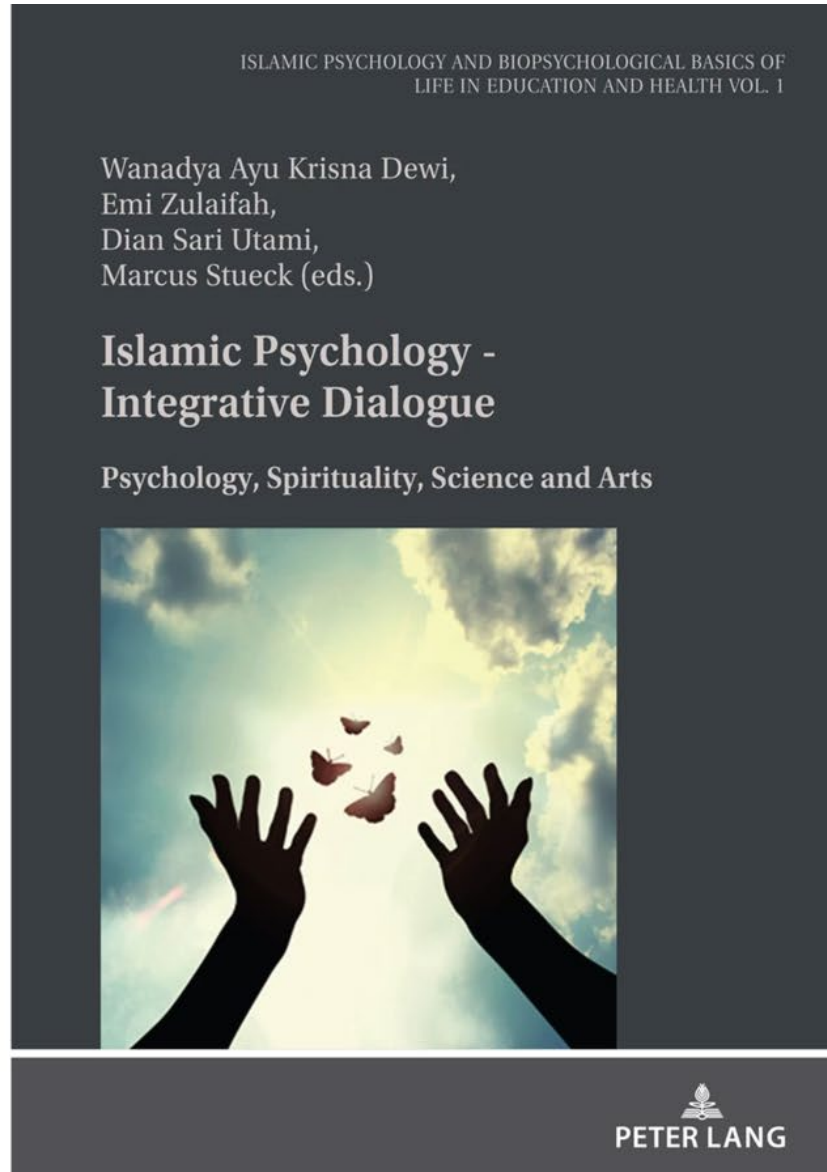






Work in the Muslim context must be well prepared and supported by evidence and theory.

Examples



Marcus Stueck

PREFACE II

Psychology of the 4 directions The Biocentric Health Theory as a „Bridge “between Western and Islamic Psychology

Fundamental work on this approach has been presented by Toro (2004, 2005, 2010), with the development of Biodanza, the Biocentric Principle and Biocentric Education, and Schweitzer (1999), with his work on the ethics of human beings in the natural realm (“I am life in the midst of life that wants to live”). Toro (2010) shares the visionary thinking of Schweitzer (1999, Schweitzer, Campion, 1961) and develops a practical approach to implement this with Biodanza: “When I meditate on life, I feel the obligation to respect any will of life around me because it is equal to mine.” (Toro, 2004). But also, Cavalgante and Wagner (2018), mainly the concept of living corporeality as a biocentric field of action and many other fields of action in the social pedagogical field, also inspired by works of Freire (Education and Hope, 2007) and Morin (2012).

Implementation of biocentric approaches in Iran since 2015

Working within these political systems, institutions, and organizations requires a specific strategy and evidence-based approach.

BIOCENTRIC HEALTH IN HUMAN DEVELOPMENT, BAND 1

RELATIVE BIOCENTRIC HEALTH THEORY

FROM EGO-CENTERED SURVIVAL
TO LIFE-CENTERED HEALTH

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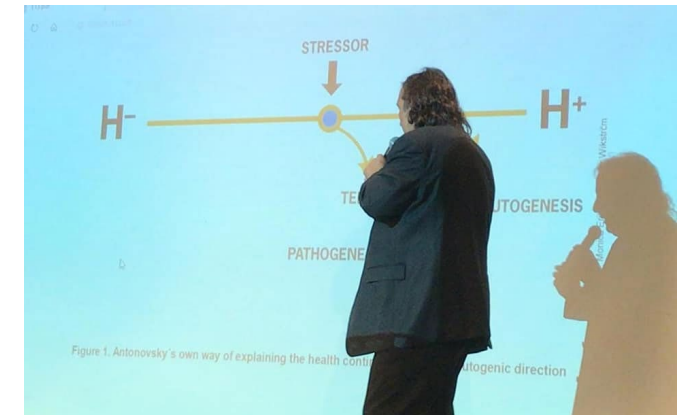
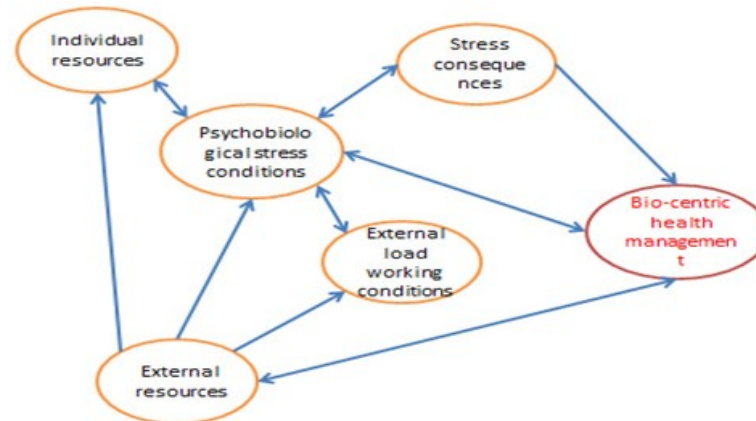


Implementation of biocentric approaches in Iran (since 2015)

Zum Selbstlesen

Person 1 (Marcus Stueck). *Seit 2015 bin ich Mitglied der Universität Teheran, des Zentrums für Krisen- und Disastermanagement. Das Problem im Iran ist, dass das autoritäre System, tanzen in der Öffentlichkeit unter Strafe verboten hat. Es ist gefährlich für den Biodanzalehrer das Wort Biodanza in den Mund zu nehmen. Dann beginnen Nachforschungen (s.verstörende Bilder, Tanz usw.) und man bekommt Probleme. Und trotzdem ist es wichtig mit Biodanza in diesen Ländern zu arbeiten, da es Hoffnung für die Menschen bedeutet. Es braucht einen wissenschaftlichen Zugang und der Entwicklung evidenzbasierter biozentrischer Programme, um die Ideen von Rolando Toro zu verankern. Ich habe z.B. dort eine Doktorarbeit betreut in der wir die Affektivitätsskala von Rolando Toro validiert haben in einer Untersuchung mit Krankenschwestern in der Klinik, danach haben wir praktische biozentrische Workshops gegeben. Den Mut dort praktisch in der Öffentlichkeit zu arbeiten hatte ich ab 2019.“*

Workshop “Biocentric Health Practice with Nurses” in Iran, 2018



Biozentrischer praktischer Workshop zur Intelligence of the Heart in Teheran, 2024

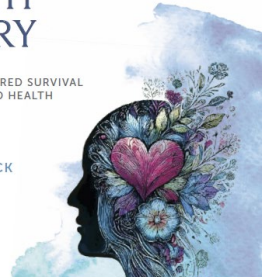
„Die menschliche nicht mit der politischen Ebene vermischen“
(biozentrische Grundannahme aus der rbHT →)

BIOCENTRIC HEALTH IN HUMAN DEVELOPMENT, BAND 1

RELATIVE BIOCENTRIC HEALTH THEORY

FROM EGO-CENTERED SURVIVAL
TO LIFE-CENTERED HEALTH

MARCUS STUECK

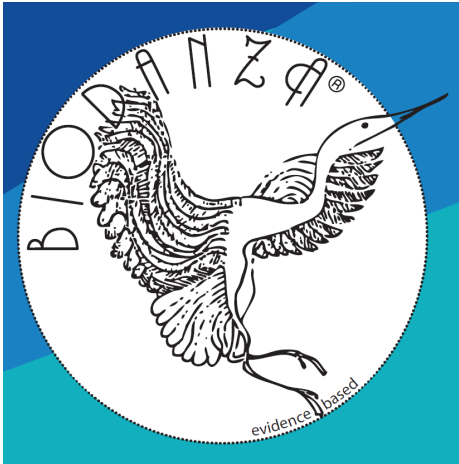


Evidence-based programme with Biodanza for Posttraumatic Growth NEPAL after Earthquake 2015



Why are evidence-based programmes important?

Evidence generally means "proof" or "verification".



Explorando lo Desconocido

La investigación empírica
detrás de Biodanza

PARTE 6:
Programas basados en
evidencia para instituciones
y organizaciones - guías prácticas

Marcus Stueck



Polar Bear & Penguin
Edition

Biodanza programmes with different target groups (including children and senior citizens), which are then scientifically evaluated. They consist of 10-20 sessions.

6 Initial questions

Initial questions

1. Who is the IBFed Subcommittee (Biodanza and Investigation) and what does it want?
2. What was Rolando Toro's connection to the empirical sciences?
3. What critical observations has the Methodology Commission, *Biodanza and Investigation* Subcommittee made on the current state of empirical Biodanza research?
4. What is meant by empirical Biodanza research, and why is it of central importance for Biodanza as well as for the biocentric principle and biocentric education?
5. How is empirical research organised within the global Biodanza movement?
6. What conclusions and inferences can be drawn for the further development of Biodanza?

The role of empirical research in Biodanza?

Part 8

How is research in Biodanza organised and how Biodanza teacher can gain the knowlegde?



Prof. Dr. habil. Marcus Stueck

IBFed Subcomisión
Metodológica
Biodanza e Investigación

Emilse Inés Pola, Juan Gavilán,
Myriam Sofía López, Marcus Stueck

Network of empirical researchers in Biodanza:

- Much research is initiated "privately"
- There are publications, but the researchers do not know each other

Example:

- Good publications in Spain or Israel, but we do not communicate with each other

THATSWHY Foundation of BIONET = biocentric network

Aim = biocentric networking among people who share the same vision to connect empirical science with biocentric practice

How to become member of BIONET?

Please write to info@bionet-research.com



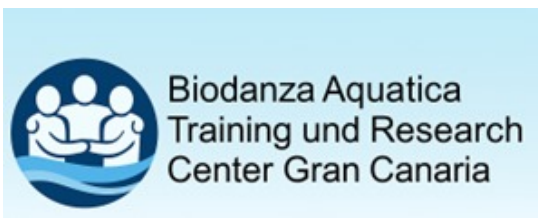
BIONET

UNIVERSITIES

Semerang University (2)

Islam University Yogyakarta

University Teheran

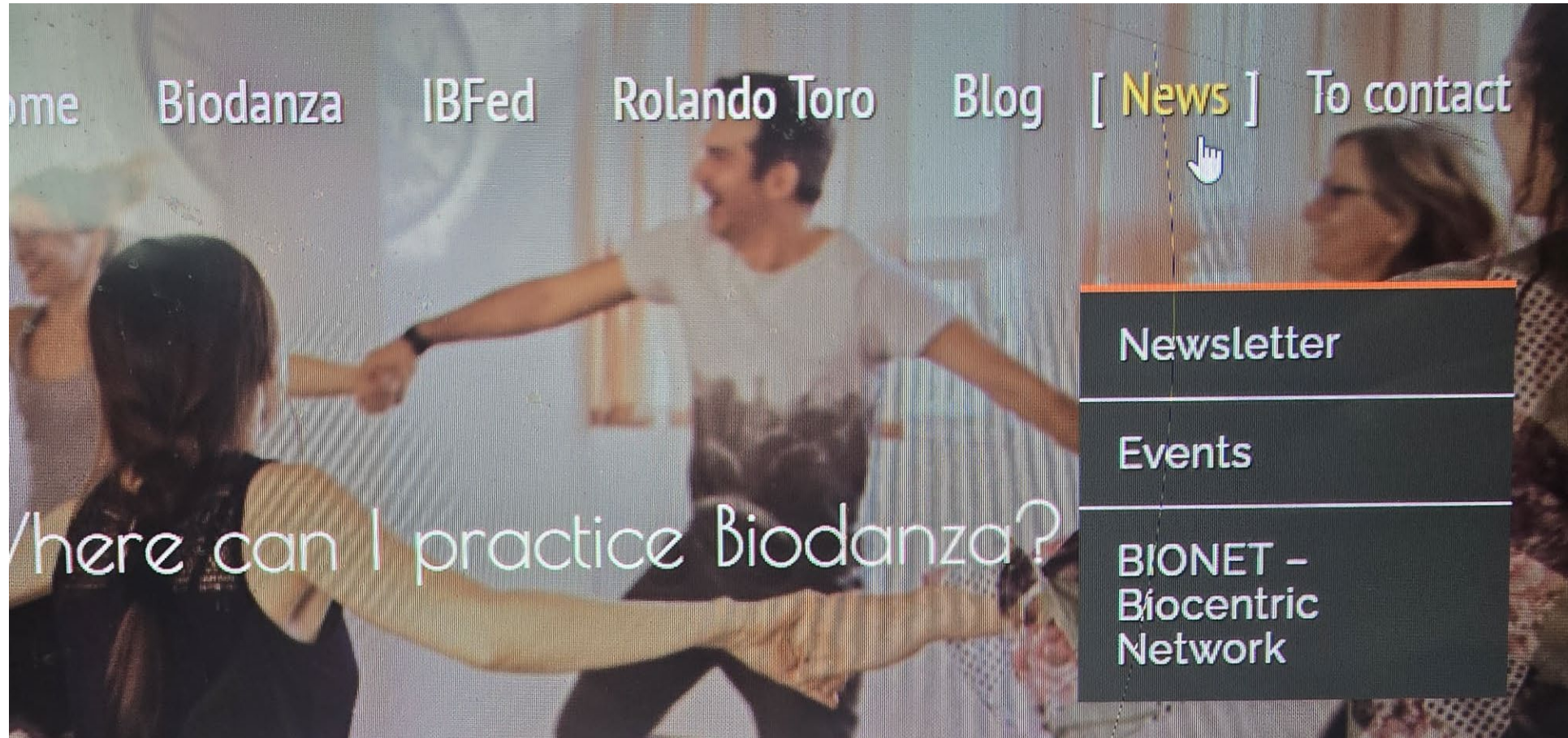


IBFed Empiric Research Commission

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

BIONET

BIONET on the IBFed website



Now also linked to the IBFed, www.biodanza.org

BIONET Journal – www.bionet-research.com

Scientific & Editorial Board BIONET-Journal

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IBRA) – Editores principales de la revista

PhD-cand. Sebastian Mueller-Haugk
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BIONET

Journal of Biocentric Sciences

New Horizons – New paradigms
in Health and Human Development



Volume 4/2023

Annual Scientific BIONET-Colloquium

„Research about Biodanza and Biocentric approach“

in Lizari (Latvia)

Online and Presence (Hybrid)



BIONET COLLOQUIUM

Date: 24.July 2025

Every last friday in July + Biodanza-Camp

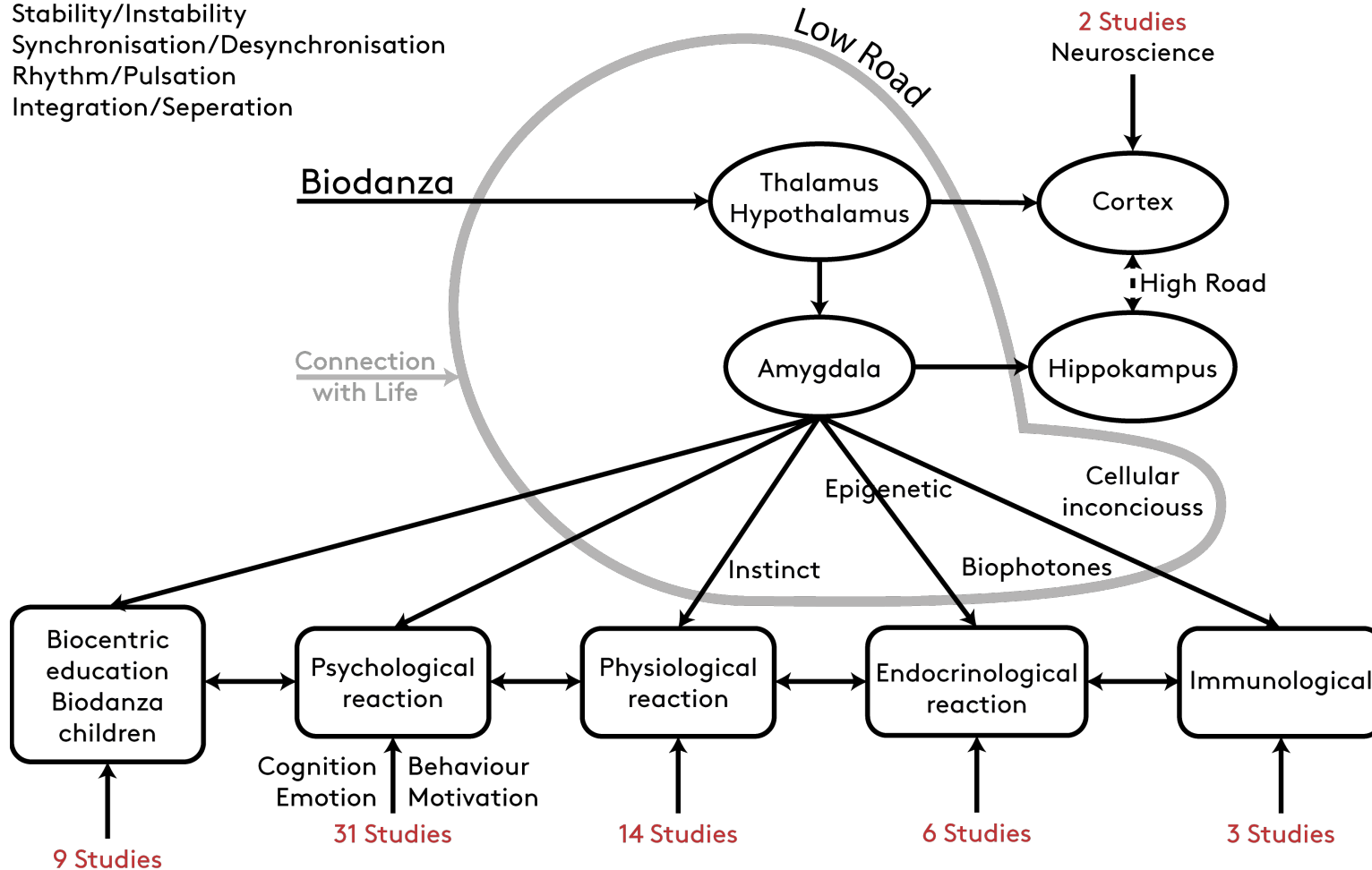
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What is the International Biocentric Research Academy?



Basic model of Biodanza research at IBRA

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



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

Most people do not recognize these studies – Biodanza is in a critical state in this regard. It seems as if empirical science is perceived as a threat, because critical reflection is inherent to it. However, this is not personal criticism; it serves to protect and further develop the model. Empirical science may, in fact, be the only tool capable of safeguarding and evolving the system while providing evidence for its components.

Selection of ongoing research projects at the IBRA

Frage 3



- 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

Vineta Greaves, Oscar

Imbernoon, Sebastian

Mueller Haugk,

AneteRaykova, Ulrich

Sack, Marcus Stueck



Team of the Minotaur study in Latvia

International Biocentric Research Academy
(IBRA), University of Leipzig



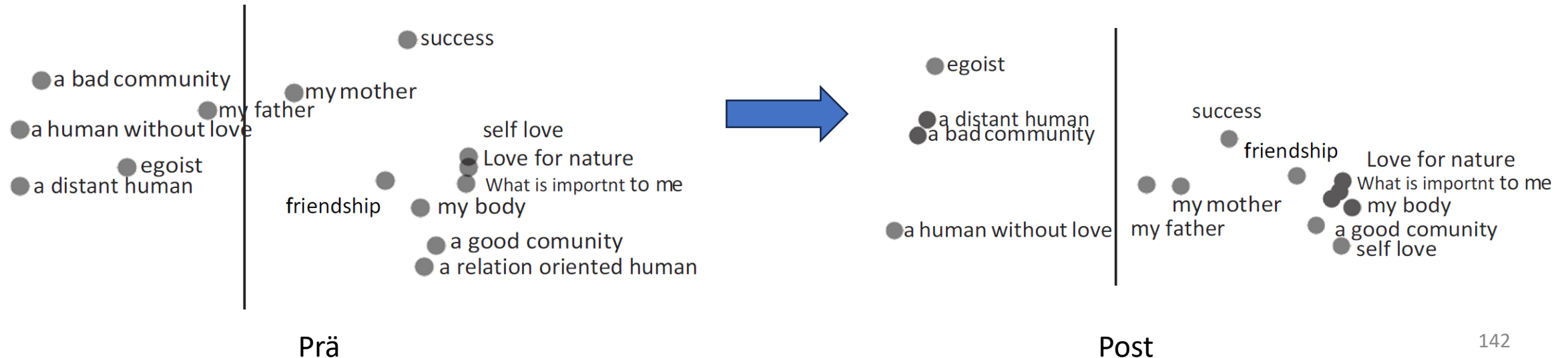
Project - Biodanza Aquatica - Reparentaisation



Results:

- The results show that Biodanza Aquatica promotes processes of reparenting.

Research with Repertory Grid Technique (Kelly) in the change of Mother and Father hidden Attitudes, before and after 5 Sessions of Biodanza



Biodanza and neuropsych-immunological Effects: First results of a Pilot-Study Related to the relative biocentric Health Theory Model (rbHT)

Prof. Dr. habil Marcus Stueck
Dr. Sebastian Mueller-Haugk
Dr. Kateřina Strnadová,
Dr. Denis Mainz

International Biocentric Research Academy (IBRA)
University of West Bohemia in Pilsen
Dual University Applied Science in Plauen



International
Biocentric
Research Academy
IBRA



2023 Workshop at the Prague School of Biodanza

IBRA project in collaboration with the **University of West Bohemia in Pilsen**



Theoretical foundations

Preparation time

2020 – 2025

Precursor to the theory

Pandemic

Management

Theory (Stueck, 2021)

BIOCENTRIC HEALTH IN HUMAN DEVELOPMENT, BAND 1

RELATIVE BIOCENTRIC HEALTH THEORY

FROM EGO-CENTERED SURVIVAL
TO LIFE-CENTERED HEALTH

MARCUS STUECK



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Who can become an 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 (20 minutes presentation, 40 minutes discussion). The supervision of the projects will also be discussed here.

Organisation by IBRA

IBRA - Guest status?



International
Biocentric
Research Academy
IBRA



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.

Positioning of IBRA to the IBFed:

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.

How is research at IBRA financed?



We are currently operating entirely without financial support at the moment "out of love for Rolando and his legacy and out of concern for the method."

The data analyses (including saliva analysis) are funded by income from workshops (e.g. Biodanza School Porto) or donations, e.g. from the Institute of Immunology at the University of Leipzig or the University of West Bohemia in Pilzen.

How do we finance the studies?



International
Biocentric
Research Academy
IBRA

Biodanza y Ciencia – Estudio en tu ciudad

Planeamos y realizamos un estudio de Biodanza basado en evidencia en tu región – desde el diseño hasta la publicación.

Lo que ofrecemos:

Diseño del estudio
Recolección de datos
Análisis • Taller de resultados
(Publicación)

Experiencia:

Ya realizado en Escuelas de Biodanza en Portugal, República Checa y Países Bajos.

¿Interesado? Escríbenos a info@bionet-research
a www.bionet-research.com

If you are
interested,
study can be
requested:

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

- Planning the study
- Conducting the study
- Results workshop (publication)

Introduction

PARTICIPA EN UNA INVESTIGACIÓN CIENTÍFICA ÚNICA EN LOS PAÍSES BAJOS



LOS CUATRO ELEMENTOS Y LA SALUD BIOCÉNTRICA

Augusto Madalena & Marcus Stück

Ways for Biodanza teachers/didactas/directors to acquire
knowledge about empirical sciences and Biodanza

IBFed-Subkommission „Biodanza und Investigation“

Information seminar
For school principals
Information about the latest
research projects
Information about Bionet with
scientific articles



www.bionet-research.com

informativo para Directores escolares

Comisión Metodológica IBFed
Monografías Científicas
en Biodanza
Información Newsletter IBFed



Emilse Inés Pola
Juan Gavián
Myriam Sofía López
Marcus Stueck

How can I register for such a seminar?

Formato en línea

Seminarios informativos

A diversas investigaciones en
proyectos biodanzáticos
biocéntricos



Marcus Stuck

marcus.stueck@bionet-research.com

www.bionet-research.com

**The curriculum with the information
seminars
on empirical sciences begins in
January 2026**

**A country or a biodanza school can
apply.**

info@bionet-research.com

**The seminars can also be attended as
IBRA guests**

▪

**Ways for Biodanza teachers/didactas/directors to acquire
knowledge about empirical sciences and Biodanza**

**‘Information on empirical studies in Biodanza’
1 session approx. 2 hours (maximum 10 hours)**

Formato en línea
**Seminarios
informativos**
A diversas investigaciones en
proyectos biodanzáticos
biocéntricos



Marcus Stuck

marcus.stueck@bionet-research.com

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**Explorando lo
Desconocido**
La investigación empírica
detrás de Biodanza

**PARTE:
Introducción
¿Cuánta ciencia hay
en Biodanza?
una reflexión crítica**

Marcus Stueck



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Edition**

**Explorando lo
Desconocido**
La investigación empírica
detrás de Biodanza

**PARTE:
Introducción –
cuando el pingüino
encuentra al oso polar**

Marcus Stueck



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Ways for Biodanza teachers/didactas/directors to acquire knowledge about empirical sciences and Biodanza

Formato en línea

Seminarios informativos

A diversas investigaciones en proyectos biodanzáticos biocéntricos



Marcus Stueck

marcus.stueck@bionet-research.com

www.bionet-research.com



Explorando lo Desconocido

La investigación empírica detrás de Biodanza

PARTE 1:
Estado de la investigación
y ciclo de investigación
en Biodanza

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Explorando lo Desconocido

La investigación empírica detrás de Biodanza

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Biodanza, fisiología
y cronobiología

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La investigación empírica detrás de Biodanza

PARTE 3:
Biodanza y
psiconeuroendocrinología

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La investigación empírica detrás de Biodanza

PARTE 4:
Biodanza y
Psicología

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Ways for Biodanza
teachers/didactas/directors to acquire
knowledge about empirical sciences and
Biodanza

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**Seminarios
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A diversas investigaciones en
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**Explorando lo
Desconocido**

La investigación empírica
detrás de Biodanza

PARTE 5:
Biodanza con niños
y trabajo biocéntrico
basado en evidencia

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PARTE 6:
Programas basados en
evidencia para instituciones
y organizaciones – guías prácticas

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Desconocido**

La investigación empírica
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PARTE 7:
Evaluación y licitación
de proyectos
biocéntricos de Biodanza

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La investigación empírica
detrás de Biodanza

PARTE 8:
Los límites de la
Biodanza y el principio
biocéntrico

Investigaciones de indicaciones
y contraindicaciones

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La investigación empírica
detrás de Biodanza

PARTE 9:
Las tesis doctorales
(PhD) en Biodanza

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**Explorando lo
Desconocido**

La investigación empírica
detrás de Biodanza

PARTE 10:
La historia de la
investigación empírica
bio-céntrica en Biodanza

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Ways for Biodanza teachers/didactas/directors to
acquire knowledge about empirical sciences and
Biodanza

Formato en línea

Seminarios informativos

A diversas investigaciones en
proyectos biodanzáticos
biocéntricos



Marcus Stueck

marcus.stueck@bionet-research.com

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Explorando lo Desconocido

La investigación empírica
detrás de Biodanza

PARTE 13: El Ego en Biodanza – un estudio empírico

Marcus Stueck



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EDITION

**Ways for Biodanza teachers/didactas/directors to acquire
knowledge about empirical sciences and Biodanza**



**IBFed-Extention
“Science and Biodanza”**

Aprende nuevas prácticas
en trabajo biocéntrico
basado en evidencia
en contextos profesionales

Marcus Stueck

Director of the Baltic School of Biodanza

DIRECTOR OF THE BALTIC
SCHOOL OF BIODANZA

info@bionet-research.com
www.bionet-research.com

**Biodanza schools
can apply, as can Biodanza teachers.**

info@bionet-research.com

**Only Biodanza teachers
are eligible to attend the IBFed
Extension. The Extension consists of one module and is conducted
in person.**

The role of the empiric research in Biodanza?

Teil 9

Preliminary Conclusion



Prof.Dr.habil.Marcus Stueck

IBFed Subcomisión
Metodológica
Biodanza e Investigación

Emilse Inés Pola, Juan Gavilán,
Myriam Sofía López, Marcus Stueck

Preliminary conclusion

- The presentations shows, that since Rolando Toro's death, empirical research has become essential for protecting Biodanza's theory and practice through critical reflection and guiding future developments.
- The integration of empirical Biodanza research remains insufficient. For the first time, empirical findings were presented during the Didacta training in Venezuela—something still missing in Europe and other trainings.
- Empirical science is not part of school modules or teaching materials.
- Currently, there is little awareness of Biodanza's limitations, leading to partial self-destruction of the system.

Critical Situation

- It remains unclear whether the theoretical model of Biodanza is scientifically grounded—there is still no validated model for the biocentric principle.
- Without integration and use of the empirical science Biodanza the theory and the model of Biodanza is based on literature based argumentations or unpublished empiric observations
- This creates the impression that Biodanza is scientific because it sells well — but in fact, it is unscientific, pseudoscientific.

Critical Situation

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- This creates the impression that Biodanza is scientific because it sells well — but in fact, it is unscientific, pseudoscientific.

Preliminary conclusion

Lack of Scientific Visibility

Biodanza lacks visibility through high-quality publications and is therefore of limited relevance for organisations and institutions.

- There is a lack of clear internal and external communication about this critical situation is needed.
- The voices who claim more understanding or support for empirical research are hardly heard.

The role of empirical research in Biodanza?

Part 10 Necessary Steps



Prof. Dr. habil. Marcus Stueck

IBFed Subcomisión
Metodológica
Biodanza e Investigación

Emilse Inés Pola, Juan Gavilán,
Myriam Sofía López, Marcus Stueck

What are the next steps?

Strengthen Scientific Communication

Empirical research should be integrated into Didacta training programmes and public lectures to enhance credibility and visibility.

Two Directions of Scientific Communication

Communication Communication
Inward ----- Outward

One direction = Communication outward

Focus 1: Increasing the visibility of Biodanza and the biocentric principle/biocentric education 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)

Not many biodanza teachers read these. This is not sufficient

Outward communication

Focus 2: Research cooperation & doctoral theses

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

Currently: 4 contracts signed.

direction = Communication inward

Strengthening the value of empirical sciences by publicising existing studies

- Information seminars
- Extension
- Scientific monographs
- Inclusion of empirical sciences in school teaching, Dodacta training courses

Support for scientists working in Biodanza by school principals

What do empirical researchers need from the Biodanza movement?



What we empirical researchers in Biodanza need is recognition of our work and support in the form

- that our research is supported by Biodanza schools, e.g. when we plan a study in a country, people are also sent there through the schools (cooperation)
- That we can provide information (teacher training, continuous learning directors, IBFed extension "Biodanza and Science" (information, practice)

Thank you for your attention!

Any questions?

[marcus.stueck@bionet-
research.com](mailto:marcus.stueck@bionet-research.com)

www.bionet-research.com

