



Vlaamse Biodanzaschool  
**Basic programme training**

recognised by the International Biodanza Federation  
(IBFed)



## Year 1

**The first year is a general and multidisciplinary approach to the humanities in relation to the theoretical foundations of Biodanza.**

It is an entry year, entry is always possible by mutual agreement.

1. Definition and theoretical model of Biodanza®.
2. Biocentric principle and vital unconsciousness.
3. The vivencia
4. Physiological aspects of Biodanza®.
5. Biological aspects of Biodanza®.
6. Psychological aspects of Biodanza®.
7. Mythical and philosophical antecedents of Biodanza®.
8. Identity and integration.
9. Trance and regression
10. Contact and caresses

## Year 2

**The second year is the specific approach to Biodanza, to its mechanisms, effects and possible areas of application. It is the core of the training.**

Boarding is possible after consultation if necessary. Students experience an intense deepening and integration process.

1. Human movement
2. Vitality
3. Sexuality
4. Affectivity
5. Creativity
6. Transcendence
7. Working mechanisms of Biodanza®.
8. Applications and extensions of Biodanza®.
9. Biodanza®, Ars Magna
10. Biodanza® and social action

### **Year 3**

**This year focuses on movement theory, music theory, group dynamics and the methodology of Biodanza.**

You will learn the meaning of music, and to design, guide and organise Biodanza classes.

1. Music in Biodanza®.
2. Methodology I (Musical semantics).
3. Methodology II (The Biodanza® session).
4. Methodology III (The Biodanza® session, continued)
5. Methodology IV (Weekly course and Biodanza® workshop)
6. Methodology V (The Biodanza® group)
7. Methodology VI (Criteria for development in Biodanza®)
8. Methodology VII (Official catalogue of Biodanza® exercises)