

Kundalini Rhythms Dance 60hr Online course Syllabus

Detailed program for Course 1:

The Awakening of the warrior dancer:

1. What is Kundalini Rhythms Dance:

- The basic of this system
- My background as anthropologist of art and dance
- Yoga or qigong?
- The healing method of mystical dance
- Choreography of light: principle of dance to anchor light on planet earth
- Dancer as light healer
- Space as a temple for temple dance

2. History of dance (limited to the topic below):

- Dance as humanity inheritance: the myth of the sacred feminine from the Paleolithic to the greek and Roman.
- Roots of the sacred dancing balancing history between myths and archeology research.
- Where the oriental dance is coming from?
- Understanding the beauty of Persian dance and its esthetic
- The magic of devotional Indian classical Dance

3. Dancing emotions to free your creativity:

- The theory of 9 Rasa from the Indian arts
- Difference between emotions and sentiments
- Observe your emotion at each step of your dance
- Listen to the music and what emotions emerge
- Pay attention and how to change a destructive emotion into a creative one.
- From trapping belief system to creative belief system: the path of healing;
- How to recognize the under lining belief that blocks your energy
- How to turn around and re-write your stories through the instrument of dance.

4. Dance Technique:

Course one focuses the technique on oriental dance leaving specific Persian dance and Indian classical dance technique respectively to course two and three.

In this course we will see:

- Standing posture: where it all starts
- Opening prayer or salutation or tune in
- Foot work: How to walk like a Goddess
- Drawing sacred portal on the ground as you dance
- The magic in the hips: your hips are energy points of high importance to transfer, transform and direct energy from below the ground through you and above the sky and viceversa:
- All kinds of shimmy

- Figure 8 horizontal and vertical and Egyptian style :-) and with flat feet
- The womb energy and the heart energy
- Arms and chest to direct, transform, clear and energized the magnetic field with new energy and convey healing:
- Drawing sacred portal around the space with your arms
- 8 shapes with your chest
- Serpentine arms
- 8 shapes with your arms
- Undulation to transfer the energy up and down
- Turns and twists: grace, elegance and strength the three most important skills of a Goddess woman.

5. Dance technique part II:

- Create Choreography of light:
- Geometry of movements: steps, space, floor
- Developing choreography skills
- Finding grounding/embodiment
- Choreography of light: repertoire
- Create poetry with your movements
- Dance your emotions for deep healing
- Use dance movement to change mental, energy and emotional patterns

6. Healing technique:

- The principle of Prana/Qi or vital force
- Qi gong basic exercises we use in kundalini rhythms
- The use of prana in dance to balance and harmonize the energy:

- Clearing movement
- Energizing movement
- Activation movement
- Stabilizing movement
- Sense the space and tune in into your attendees anergy to guide them (see ethic and integrity session)

7. Explore the sacred feminine in history:

- Who are the Devadasi?
- Priestess and/or sacred prostitutes?
- Honoring the sacred feminine in all her forms and shapes.
- Shakti and Kundalini: Sacred feminine awaken or not?
- Where is Shiva the sacred masculine?
- The Goddess in a multicultural environment
- Healed woman Vs wounded woman
- The wounded Goddess and the masculine energy
- Sacred feminine and sacred masculine important key to heal our societies

8. Propedeutic and methodology:

- How to build a class;
- How to build a series of classes
- How to teach to beginners
- How to teach to advance
- What to do it if you have a class with both beginners and advanced students
- Practice the method

9. Pedagogy of a Dance teacher

- The role of a teacher
- Basic of communication for effective teaching
- Relationship between teacher and students
- How to hold space for groups
- How to hold space for individual teaching

10. Music Theory:

- Arabac tradition: rhythms and styles
- Persian tradition
- Mystic music
- Mantra music

11. Ethic and integrity:

- Ethic of a teacher
- Ethic of a student
- A matter of integrity and honesty
- Marketing and mindful entrepreneurship