

# BIODANZA4ALL Special Events



IBF Rolando Toro System

*"Essential & Glorious Living in Authenticity"*

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Saturday 1 October 12:30-20:00

& Sunday 2 October 10:00-18:00

## BIODANZA AND SHAMANISM

MYRIAM SOFIA LOPEZ (Colombia)



Director of the Bogotá School of Biodanza, in Colombia, Myriam Sofia Lopez has a strong background in health and human development. Physiotherapist with a masters in health administration, and training in bioenergetics, massage and quantum techniques, she is a specialist in losses and mourning treatments. Myriam Sofia has been training Biodanza professionals for more than 20 years and her specialization is "Biodanza and Shamanism"

**Biodanza and Shamanism** is a form of expanding our conscience and it has to do with the searching of experiences that take us to connect with our internal reality, this type of experiences are called VIVIENCIAS because they deeply connect us with the wonderful act of being alive, they are mystical, numinous and transcendent experiences that human beings have looked for from the dawn of the humanity.

The Dionysian part is our divine part, that connects us with our internal reality from love and enlightenment. The development of our analytical mind has inhibited in an important way the cerebral structures that allow us to access the information of the internal world, that is part of our unconsciousness and governs great part of our conscious life.

The rituals, the dances and the ceremonies are facilitators of Ecstasy in which we will be able to reach an expanded conscience which leads us to connect with the profound sense of being alive.

The most obvious benefit that we can obtain with this deep existential work is to have access to an extraordinary knowledge of ourselves, of others, of nature and the cosmos.

**Place: Sportcentrum de Hoogstraat, Rembrandtkade 10, UTRECHT**

**Cost: €140**

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**BRISTOL, Uk Saturday 19 November 1-7pm & Sunday 20 November 11-5pm**

## **Rolando Toro Acuna (Brazil)**



Rolando Toro Acuna is the eldest son of Rolando Toro Araneda and a black belt in martial arts

### ***“Our Vital Connection with Life”***



**Place: Main Hall, St Werburghs Primary School, James Street, Bristol, UK**

**Cost: £95 (one day £50) Please bring packed lunch**

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**2012**

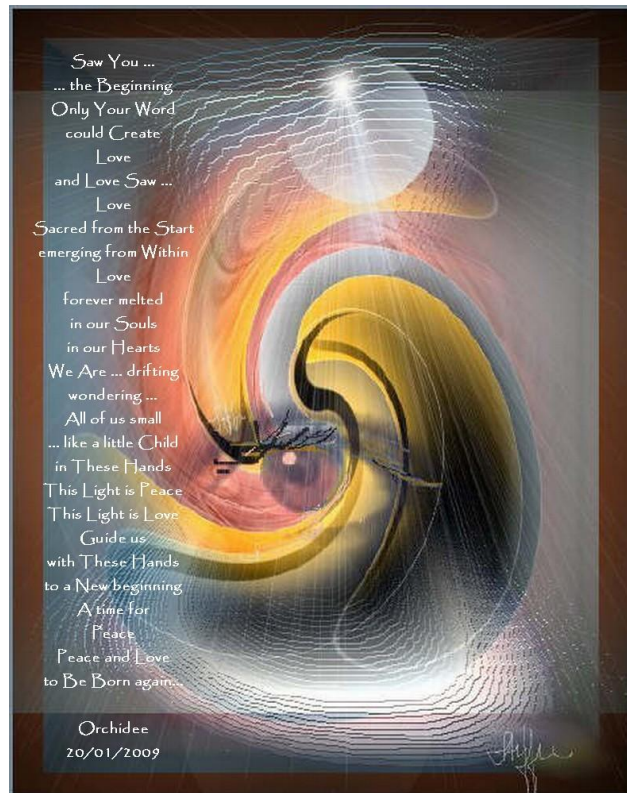
**Saturday 7 January 12:30-20:00**

**& Sunday 8 January 10:00-18:00**

# EMBRACE 2012 : Welcome New Beginnings

Creating a New Consciousness: To Be Reborn in Love

ANTOINETTE LORRAINE (Holland/UK) & ROBERTO GARCIA (Spain)



**We wait with expectation** for the dawning of 2012: it is we all who have the potentials to stimulate the possibilities for a new way of life. In this workshop we will be reborn in love: we will re-create ourselves anew. We are not only human “beings”, but human “becomings” – we are evolving and developing as new creations constantly. The time is right for us to enter into a new consciousness and together we will dance, do ritual and ceremony, to make this necessary change into the prospect of love, harmony, peace and pleasure in life. Our new and healing vibrations will ripple out into our daily life, the world, cosmos and beyond.



Antoinette Lorraine



Roberto Garcia

**Place: Sportcentrum de Hoogstraat, Rembrandtkade 10, UTRECHT**

Cost: €140

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Friday 23 March 18:00-22:00, Saturday 24 March 10-  
20:00, Sunday 25 March 9.30-18:00

## BIODANZA AND COLOUR

The Dance of the Original Colours:  
Living the Colour: An Experience of Being

Sandra Salmaso (Italy)



**The innovative aspect** of this proposal is in the process of "incorporation" of colors through music, dance and color vision.

The incorporation of color means "put in the body the power of color and create change from within the existential and it is through their presence and evocation in which we derive a myriad of feelings, emotions, memories.

The rainbow formed by the seven colors of alchemy is incorporated through the dances of the Red, Orange, Yellow, Green, Blue, Blue, Indigo, Violet



**Sandra Salmaso (Italy)**

**Place: Sportcentrum de Hoogstraat, Rembrandtkade 10, UTRECHT**

**Cost: €150**

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**Saturday 2 June 10.00-20:00 &**

**Sunday 3 June 10:00-18:00**

## **THE MINOTAUR PROJECT**

**Confronting our Fears for a Healthy & Happy Existence**

**Antoinette Lorraine (UK/Holland)**



**In Biodanza** we work with the healthy part of being a human being – to grow the light. Yet we do not deny the fears, the shadow and the necessity therefore to find our courage to enter into the chaos – emerging to find the joy of living.

The Minotaur Project was developed by Rolando Toro Araneda to work with various exercises and personal challenges to resolve the conflict that our fears create in our life, but that we must overcome and liberate ourselves from, in order to find our way through the labyrinth of life and to connect with our true identity.

In the myth the Minotaur is eventually captured and killed - but this represents the killing of our instincts. We all have a Minotaur inside us, but we are scared of it because our culture has repressed these essential instincts of life.

During the workshop each person will work with their own 'tree of fears' to identify their deepest fears and the personal challenges that they can take to overcome them and to resolve the conflicts that we experience in life because of the repression of our instincts to live.

“This work is a very deep and powerful experience of transformation”

With ritual and ceremony we will work as an integrated and supportive group to create a very safe environment in which to enter a profound connection with our vital essence of life

**Place: Sportcentrum de Hoogstraat, Rembrandtkade 10, UTRECHT**

**Cost: €140**

**Please reserve your place:**

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