

May 30- June 1, 2025

**10th International Forum of
Social and Clinical Biodanza**

Dancers for Peace

**10th Forum
proceedings**



Scientific direction: Giovanna Benatti

General Coordination: Antonio Aucello

Proceedings edited by Ilenia Gaetani

May 30 - June 1, 2025

GHV Hotel & Spa, Creazzo (VI), Italia

The 10th Forum in in network with



Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

Preface

by Giovanna Benatti

Credo nello sguardo della Gioconda e nei disegni dei bambini
Nell'odore dei panni stesi e in quello delle mani di mia madre
Credo che quando la barbarie diventa normalità
La tenerezza sia l'unica rivoluzione
Credo che la vera gioia sia riuscire a sentirsi parte di un panorama incantevole
Pur non essendo altro che un minuscolo granello di sabbia
Credo che la lingua di Dio sia il silenzio e il suo corpo la natura
Credo alla potenza del soffione, quel piccolo fiore selvatico
Che cresce ostinato tra le pieghe dell'asfalto
E anche in mezzo a mille difficoltà riesce comunque a farcela
Credo nelle stelle cadenti, quelle che poi si rialzano e vanno avanti
Credo che chi non vive il presente sarà sempre imperfetto
Pure da trapassato, perché la vera sfida è debuttare ogni giorno
Tutto il resto è repertorio
Credo che non sia la bellezza che salverà il mondo
Ma siamo noi che dobbiamo salvare la bellezza
Credo nell'amore sprecato, buttato via
In chi sa donarsi senza chiedere niente in cambio
Credo che alla fine del viaggio non ti sarà chiesto chi sei stato
O quanti soldi hai guadagnato, ma quanto amore
Quanta bellezza c'è in più dopo il tuo passaggio su questa terra
Credo che il compito dell'essere umano sia dare alla luce se stesso
E che la vita sia resurrezione
Togliere le convinzioni che ci tengono chiusi dentro un sepolcro
Credo che non ci sia peggior peccato che non stupirsi più di niente
E che tutta la scienza, l'intelligenza e la cultura del mondo
Resti muta davanti a questo grande mistero in cui tutti siamo immersi
Al miracolo di questa vita che va avanti
Nonostante tutto non si ferma e si trasforma ogni secondo
E tutto quello che noi sappiamo è che non capiremo mai
Tutto il resto lo chiederemo agli alberi

Each of these words inspired the X Forum and vibrated with my soul in the joy of growing together

Giovanna

Composers Francesco Musacco / Simone Cristicchi
Lyrics of Credo © Warner Chappell Music, Inc

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

CARTA OF VICENZA - 10TH FORUM Of Social and Clinical Biodanza May 30- June 1, 2025

In the sacred patrol of the soul,
where unidiversity dances
the agreement without weapons is born,
connection in freedom sprouts.
With an open heart,
you listen to the dialogue,
there are no borders, only union.
Integration is a magical song,
who builds consensus with compassion.
In the common heartbeat,
peace blossoms,
weaving a new world with colored threads..

Conxa, Inma and Chicca

DANCERS FOR PEACE COLLECTIVE



Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

Preface

by Priya Mahtani

Imagine walking into a large room - filled with literally hundreds of people from all over the world. People just like you - gathered with one intention - to embody wholeness and to have a felt experience of peace and flourishing, through the poetry of the body in movement. This was the backdrop for this year's Forum - an international gathering now in its tenth year. With a dream team of 35 teachers and facilitators from Europe, Israel and South America, alongside hundreds of participants all engaging in lectures, vivencias, presentations and workshops.

In every vivencia I encountered you could feel the air alive with anticipation as movement, music and a felt sense of unity pervaded the atmosphere.

The Forum had been advertised as dancing for peace and to be honest I was not exactly sure what this meant before I had arrived. But what was apparent in the spaces with the facilitators and participants was that peace was truly alive. It was visceral, real and very present.

Having quite a cohort of individuals from Israel present, also brought another dimension to the event, as peace was not something simply to be discussed and felt, but a vital, lived reality.

For me, I remember waking up one morning, having decided I could not attend and I simply knew I had to go. The usual list of reasons to not go, including costs, flights, time away from work and family and friends seemed inconsequential. Simply put, I felt called to be part of something, even though I had little idea about what to expect.

I loved everything about being at this year's Forum. The energy, the people - the invitation to dive into vivencias guided by extraordinary teachers - each moment offering new insights and doorways into my own being.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

An Unexpected Journey: Chaos, Creativity & Healing.

I remember one session that stood out in particular. I had actually planned to attend a Biocentric Circle - a space to connect through words with other participants - but when I arrived at the room, the facilitator shared that it was no longer taking place. He gently directed me elsewhere. That “elsewhere,” was a smaller group of about twenty plus people, exploring the role of creativity and chaos in our lives through movement.

The intro to the vivencia simply stated, “Chaos is the paradise where you can dance peace and love.” It was an intriguing invitation. What unfolded was profoundly cathartic. As we danced with the themes of chaos and creativity - being invited into deeper relationship with both through guided movement, I suddenly saw how these forces had been playing out in my own relationships. Tears welled up as I felt old patterns rising and dissolving. In the room, guided by the gentle, expert guidance of three teachers - Clelia Pereira, Claudia Gatto and Mauro Rotemberg, I found myself becoming liberated from versions of who I thought I was into higher states of being and connection. It was raw, healing and poignant. It allowed me to truly arrive in the space and each vivencia that followed simply built on from this extraordinary sense of my own heart cracking open.

A Magical Reunion

Another unforgettable moment arrived when my boyfriend travelled to join us on Saturday evening. His flight had been delayed, so instead of greeting him at the airport, as originally planned, I simply turned around at the end of a dance, to find him standing there!

I had been overflowing with this feeling of love and wellbeing - wishing he was beside me - especially since we had parted with some uncertainty about whether he would be joining me in Italy this time, and a flurry of unresolved emotions between us. When I saw him standing there, it felt magical - as if what I had wished for had come true in an instant - as if the dance itself had simply summoned him into the room. He had never experienced Biodanza before, and so of course stepping into a

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

room where people have bonded and connected through music and movement was quite bold. Yet Giovanna in her usual warm, loving manner welcomed him in, and he too was touched by profound encounters. The vivencias weaved us closer together - dissolving our earlier tensions and reminding me of how love always deepens when we surrender to life's rhythms.

Witnessing Humanity

Perhaps one of the most humbling experiences arrived when the friends from the “Club Itaca” with David and others shared their stories. These were individuals who were navigating various mental health challenges - a clinical practice group - and yet the gentleness, authenticity and love they carried was palpable through their personal stories of transformation through Biodanza.

The world is full of people doing incredible work in the areas of health, healing and wellbeing. Yet to speak about something as a theory is one thing. To see it embodied, softly, courageously and in people who might not normally cross our paths in our everyday lives was quite another. Their presence reminded me of the gift of simply being human. No judgments, no separation, just humans listening and receiving one another through their presentations, and later through the opportunity to participate in the vivencias themselves.

Healing Love

In a world marked by so much division and polarisation, my time at the Forum felt like a deep breath for my soul - rich, nourishing and profoundly human. It felt as if an antidote to the noise and tribulations of modern life. Biodanza invites you into a deeper acceptance of yourself and others - inviting in more harmony, more connection and ultimately more love.

I would be remiss not to honour Giovanna Benatti - the Founder and Director of the Biodanza School of Vicenza and the visionary behind this extraordinary event. To say that I am grateful our paths have crossed is not enough. Giovanna embodies a rare depth and generosity of spirit - what she has seeded in the Forum is nothing less than

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

the flourishing of human hearts. She has created a place where people from all backgrounds and cultures can come together with courage and tenderness, where hopes and fears alike are welcomed, and where both can be safely explored through movement, music and presence.

We all long for connection. We all have chaos, tension and vulnerability in our lives. Many of us also feel overwhelmed at times by the weight and divisiveness of our current reality on beloved earth. Yet to have the opportunity to come together with others - to not just talk, but to embody it, to feel it and directly experience the joy of what it means to be united in our shared humanity - is a rare and wonderful gift.

I left with my heart wide open. Something essential had shifted inside of me - as though the needle of my own capacity to love and be loved had inched forward. If Biodanza can weave such magic among strangers - healing wounds, rekindling love - awakening joy - imagine what it could do as a committed practice within our communities.

Perhaps Biodanza holds a key to help us unlock life's mysteries, to return us to the simplicity of presence, and to teach us how to live and love more fully in the ordinary moments of our everyday lives.

Contributors List

Aline Reis (Spain)	Helena Lorenzo (Spain)
Altair De Almeida (Gran Bretagna)	Lucia Novello/Lidia Rinaldi (Italy)
Andrea Spolaor (Italy)	Luisa Verenini (Italy)
Andreina Acri (Chile/Argentina/Italy)	Marcus Stueck (Germany)
Angelica Scotti (Italy)	Maite Bernardelle (Spain)
Annamaria Scano (Italy)	Mauro Rotemberg (Brazil)
Augusto Madalena (Spain/Brazil)	Melanie Delval (Austria)
COLLETTIVO BIODANZA YA: Belen Zarralanga, Helena Lorenzo, Aline Reis, Margot Muiel Alba, Galaxia Baron Lucena (Spain)	Nadia Costa (Switzerland/Brazil)
	Oscar Imbernon (Spain)
Clara Bianchin (Italy)	Pilar De La Cueva (Spain)
Claudia Gatto/Clelia Pereira (Brazil)	Sabela Martinez (Spain)
Claudio Pagliara (Italy)	Susanna Ponzone (Italy)
Cordula Bruch (Germania)	Tiziana Centomani (Italy)
Cristina Jacome Azevedo (Portougal/ Israel)	Tiziana Coda (Italy)
Daniela Dexl (Austria)	Tuco Nogales (Spain)
Giancarlo Lodato (Italy)	Ugo Rizzo (Italy)

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

OPENING BIODANCE SESSION OF THE 10th FORUM

JOY, JOY, JOY!

Augusto Madalena

Augusto Madalena

Brazilian from Porto Alegre, a full-time Biodanza teacher, he is the director of the Biodanza School in Zaragoza. Actor and Performer, he is the author of a vast investigation on Movement and Expression and is the creator of the Projects “Bodily Biodanza and Voice” and “Biodanza, Corporeality, Voice and Percussion” Biodanza Trainer internationally, as well as the Project “Clay Biodanza”.

He has been proposing and conducting training and workshops for about thirty years in numerous schools in Europe, Asia and



Joy is a strong inclination towards life, it is energy available for action. We must exercise joy in the same way we exercise muscles.

When we live and stimulate joy, its tendency is to continually grow and appear.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

PILLS FROM THE FORUM OPENING CEREMONY

THE BIODANZA SYSTEM: A BIOCENTRIC PEDAGOGY BETWEEN HUMAN ECOLOGY, SCIENCE AND LIFE

Giovanna Benatti ,Marcus Stueck and Rachely Turtz

Giovanna Benatti (Italia)

Graduated in Political Science with a focus on sociology, journalist, titular facilitator of the Biodanza Institute, director of the School of Biodanza “Rolando Toro” Vicenza since 2001. Founder in 1997 of the Gaja Center, Ulss 2007 “High Health” Award, Social Promotion Association. Member of the Rete Centro Gaja team. Titular teacher of the IBF Master’s Degree “Biodance and Mental Health Foundation of Social Inclusion”. Creator and Scientific Director of the International Forum of Social and Clinical Biodanza. Together with Andrea Spolaor, creator of the Biodanza Application Protocol in the clinical and social areas.



Marcus Stueck

Psychologist, University Professor and Researcher in the area of health at the Universities of Leipzig and Riga, Head of Research at the “DPFA-Academy Work and Health” and Scientific Director of the “International Research Academy”. He is a contact for the Bio-net platform and promoter of the Biocentric Education program “TanzPro”. He is the director of the School of Biodanza in Riga (Latvia).

Rachely Turtz

Facilitator of Biodanza since 2010, Didacta since 2013, gives training in Israel and internationally. Since 2016, she has been the director of the Northern Biodanza School in Israel. Specialized in care through different holistic methods.



Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

The science behind the Biocentric Principle and Biocentric Education – Introduction to the relative biocentric health theory and evidence-based biocentric biodanza programmes.



With the biocentric principle and biocentric education, Rolando Toro established an expanded and affective approach to the community of all life forms, based on the possibilities of expanding consciousness and developing love or affective-ethical awareness through Biodanza and other biocentric methods, which originate mainly from

South America. The lecture answers the questions: What are the limits of the biocentric principle according to Rolando Toro? What other biocentric approaches are there? Is it possible to develop a scientifically based biocentric theory? Can the effects of biocentric education also be scientifically tested?



Marcus Stueck wrote 2 doctoral theses at the University of Leipzig, including one on Biodanza with teachers in schools. Together with colleagues, he founded the **GHV Hotel & Spa, Creazzo (VI), Italy**

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

International Biocentric Research Academy. Here, he has been developing the relative biocentric health theory since 2020, which integrates several biocentric approaches and practical methods and scientifically justifies and examines this integration. It is a completely new model for understanding biocentricity. This makes it possible to integrate spiritual practices, various methods of observation and experience, but also methods of reflection and evaluation. Of course, love and consciousness as creative forces are at the centre of it all. This scientific elaboration of a theoretical model for biocentricity is in line with Rolando Toro's thinking, because it shows the limits and possibilities of Biodanza in the context of biocentric work. The relative biocentric theory of health developed completely new concepts that are necessary to describe biocentricity. These include the fundamentals of quantum physics and quantum psychology, the fundamentals of a spiritual existential ethic and the view that there are holographic characteristics of life that must be unfolded in a process of biospoiesis, from a biocentric core.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

CONFERENCE

THE PATH TO PEACE ON EARTH IN AN AGE OF DESTRUCTION

Toward an anthropology of peace

Andreina Acri



Andreina Acri

Born in Naples but transplanted to Chile for over 30 years, she graduated in Ibero-American languages and literature in Rome and obtained a Master's degree in Anthropology from the University of Coimbra - Portugal.

He directs the San Miguel de Tucuman School of Biodanza in Argentina.

It imparts training modules in Latin America and Europe.

She specializes in the application of Biodanza in situations of risk for family violence.

Expert in neo-shamanism and pre-Columbian cultures and expert in the extension "Biodance and Clay"

He is IBFed World President - International Biodanza Federation

“Our bodies are our gardens, our wills are our gardeners.”

William Shakespeare 1564-1616

Introduction

I want to begin this writing by reflecting on this ancient phrase that many wise men and transcendent and spiritual men have said and written on many occasions in various cultures of our planet. Even Jesus, that man who said he was the son of God, has given us many messages and who has reflected so much on our behavior...

Here is the phrase often quoted and that we find in various forms and that I elaborate with my words:

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

“In me are all ten thousand possibilities and so many potentials. There is no greater joy for me than to discover, after a self-examination, that I am true to myself. I do my best to treat others as I would like to be treated, and with this I will discover that this is the shortest path to humanity”.

I would like to reflect on the concept of Peace that we long for so much and that slips from our hands and like children we chase a ball without being able to reach it. We all want peace and prosperity, but centuries pass and still we continue towards the bright horizon that lights up the sky in a splendid sunset of infinite shades of yellow, orange and red that show us that “Peace” exists.

I wonder what Peace really is. This word used so much, what meaning does it have? For me Peace walks embraced by spirituality. Without one the other cannot exist...both are an inseparable part of the other. They live and coexist together, they fall asleep embraced. They wake up and look into each other's eyes. They don't always agree, but they understand that they are inseparable and that they need each other...

Peace depends on us and our attitude towards ourselves, the people around us and the environment in which we live. As Vicent Martínez Guzmán would say: "Finally we think that knowing how to make peace is not just something for heroes or saints, but for people like us, with our greatness and our miseries, with our selfishness and our capacity for solidarity. Hence the need for public debates, social movements and ways of behaving, ways of governing ourselves, above and below the national states" (Martínez Guzmán 2001: 115-116).

In the era of computers, sequences of bits and electronic memories, talking about Spirituality and Peace can be almost extravagant. But, extemporaneous or not, the spiritual impulse is an intrinsic characteristic of the collective human memory.

I make a very important parenthesis: let's not confuse spirituality with religions. Most of our modern humanity is very convinced of being spiritual and thanks to this belief it destroys and kills. "We must liberate our mind from all the causes that blind people to the truth. “Old customs, party spirit, rivalries or personal passions, desire for influence”. AHAMAD AL-BIRUNI

Anthropology studies humanity, its physical, biological, cultural characteristics, etc., of all the peoples of the world without spatial and temporal limits (the appearance of

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

the human being and its evolution at all levels). It is based on the study, analysis and diagnosis from the inter and transdisciplinary perspective of the life of the human being and this constitutes its most notable characteristic since it has a holistic and comparative vision that feeds on other disciplines (sociology, psychology, biology, history, geography, economics, philosophy, etc.) and that covers all the perspectives of human life from an intercultural vision.

Lévi-Strauss said that the anthropologist was the astronomer of the social sciences since he studied societies and cultures that were foreign to him and far from his sphere of life and his systems of values. It studies societies while remaining, in a certain sense, on the margins. There are many anthropologists who prefer and opt for a total interpretation of the worlds and communities they study and thus participate in their work, learn their languages, live together in their celebrations, engage in their family relationships, etc., that is, they maintain participant observation with the communities they study. On many occasions it has committed itself to defending indigenous peoples or citizens of rural areas before international organizations and private governments. The fundamental uniqueness of the anthropological discipline is its holistic (global and systemic) and comparative character, which adds and relates different segments of human experience or different periods of cultural development. Anthropology offers multidimensional study perspectives with other disciplines: biology, archaeology, linguistics, art, sociology, geography, history, and above all that which refers to culture, all of which gives it a special universality, which allows it to define what is and what characterizes human nature. Understanding human nature is what directly connects it to peace research, being able to explain conflicts, violence and peace.

Anthropology is the science that is best placed to provide a conceptual and theoretical framework that fosters peace. Despite its questions, anthropology has provided a vision of humanity like no other discipline. It has introduced into the thinking of today's human beings the notion of cultural relativism, which carries with it the value of tolerance towards the "other". Eurocentrically or ethnocentrically we can think that it was a discovery of anthropology. In this sense, anthropology has not discovered anything, since many centuries ago, in other places, in other times, many women and men spoke and practiced tolerance as a value and foundation of their lives. What anthropology has done is to introduce respect for the “other” as the axis of scientific knowledge of what human beings are. In this sense, peace studies, first of all, must be

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

anthropological, or at least include knowledge of anthropology when proposing peace research, in my opinion (a concrete example could be made with Chile, a country in eternal conflict. with the original Mapuche). people... there is no type of communication in which both parties understand the cosmogony of each party)

The 21st century is starting to become an immense cemetery of dreams for human beings. We are contemporaries in an era that has transformed the crisis of "modernity" into almost mirages like some of its myth-ideas: indefinite progress, the omnipresence of reason, the sense of history, etc. "History is an immense valley covered with bones" wrote Hegel. It is necessary to think of measures that reduce violence, that attenuate its scope, that channel its forms, but we cannot stay out of this reality. For all this, culture, ideologies, religions and art and a long etcetera deployed to monopolize the cruelest of all (cultural) violence and from which other (direct and structural) violences branch out: the suppression of autonomy, through work, gender or the domination of people. the environment. This is the culture of modernity and the resistance that leads to postmodernity, a dichotomy that translates into integrated or marginalized. All this induces a so-called “postmodern” culture, to extract from them the most urgent challenges that the sociocultural context of our time poses to today's society.

Human beings are not violent by nature, but on the contrary they are peaceful. This is supported, or argued, by the fact that violence appears when conflict, which is often of interest, is combined with sectoral distance, difference in values, different perceptions, opposing interests and the need to satisfy basic needs. Humans are therefore not violent by nature, but it is possible that this violence was structural and cultural. This violence does not arise from culture or structure; It arises from the inability of some peoples to reach agreements and to exercise balanced reciprocity in a symbiotic habitat for populations in conflict. We think that cultures are not violent, but that it is violence that integrates into culture to justify its existence.

With these same arguments, a perception of injustice towards a group generates a deep response in said group and mutual respect, this perception could be resolved by bringing positions closer and cooperating. That is why any type of hierarchization causes or supports violence, while egalitarianism generates peaceful solutions in conflict resolution.

Some examples can be found in Samoa analyzed by Margaret Mead (1995). In Samoa, several factors and a great egalitarianism converge to avoid the violent

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

solution of conflicts and promote their peaceful resolution, transcending group relations, more than the individualistic attitude of the West that generates more violent attitudes.

Is culture peaceful?

Culture provides (among other things) identity, cohesion and values to a group. For each culture, its values determine its behaviors or at least the beliefs that the various behaviors have. Culture is therefore also the moral authority of the different groups, which gives them their character. If culture is the fundamental part of the superstructure of societies, it is therefore linked to the maintenance of harmony and coexistence within the group.

For every culture, its values determine its behaviors or at least the beliefs that the various behaviors have. Culture is therefore also the moral authority of the different groups, which gives them their character. If culture is the fundamental part of the superstructure of societies, it is therefore linked to the maintenance of harmony and coexistence within the group. Since this is based on the conceptions of good-bad, that is, on moral values, cultures teach peace and non-violence. But beware of this culture that teaches us what it wants us to know...

All this is the Judeo-Christian tradition that should preach "love one another", yet this mandate has been distorted to the point of becoming cultural invasion, economic oppression of other peoples, acculturation, genocides and atrocities committed in the name of cultures that essentially preach the opposite. Nietzsche said that "Christianity put a stop to these comedians of virtue. It introduced the habit of displaying one's sins in public, of making them evident, and made people pretend to be sinners, which is still well regarded by Christians today." Christians» (Nietzsche 1984: 52). Therefore, more egalitarian societies are less prone to perversion and conflict, especially if they are unaware of external influence (as in the case of Samoa, mentioned above).

From a more anthropological view, it is important to analyze the language, the linguistic expressions of each people to describe their ideas of peace and work on them with the genealogical method looking for their original imprint. "Peace should never be a worn out word", as Nietzsche would say. We must recover the initial metaphor with the aim of strengthening the relationship between language and thought that transcends culture.

"The theory of peace is well developed, solid and well-founded, but it is much further ahead than the practice of peace. I have always wondered if the scholars and theorists

Centro Gaja Scuola di Biodanza "Rolando Toro" Vicenza

who propose such discourses work directly with violence: in reception centers, prisons, war zones, conflict schools, etc. The impression I have is that they develop their theories in the office, after having made some observations and, perhaps, some time in the field. If they were in direct contact with conflicts, they would not do it. They could be so optimistic. Human beings have great potential to change the course of events, but the situation in which our society currently finds itself is an extremely difficult starting point: alienation, social dislocation, apathy, lack of communication, permanent dissatisfaction, turning individuals into aggressive and selfish beings, incapable of reasoning and much less empathetic with 'others'" (written by a woman, anthropology student at the University of Granada in 2007).

- Understand socialization, coexistence and group action, as the element that achieved the perpetuation of the species. Within this process, it was the inculturation of the values of cooperation, altruism, solidarity, sense of collectivity and equality, attitudes such as tenderness, love, hospitality, friendship, etc., all of which served to unite and ensure individual and group participation in social decisions (Biodanza)

- Analyze societies according to criteria of low entropy, low system disorder, lower energy consumption, positively evaluating any approach towards better harmony with nature and greater use and less waste of resources. (Biodanza)

- Contribute to negotiation as a mechanism that allows the peaceful resolution of conflicts or at least the reduction of their social costs. First of all, peace (negative, positive and neutral) must be the fundamental value of the human being, and must be understood as justice and brotherhood between peoples, it must be the model that should guide all our actions, both individual and collective, both political and economic and cultural. (Biodanza)

The value of culture, because to the extent that we speak of cultures, implies respect for the multicultural reality in which we live today and the idea that we must be attentive to the different ways in which each culture understands peace (internal/external, social or gay).

Ethnocentrism is a form of violence and, therefore, a denial of peace, which must be faced with all our strength to eliminate it with new peaces (multi, inter and transcultural).

In short, if we truly want to defend peace, we must aspire to a transcultural peace, in dialogue with the "others" and which seeks to go beyond the very concept of peace,

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

conditioned by the culture and way of understanding peace typical of Western society (ethnocentric, hierarchical and meritocratic).



Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

CONFERENZA

RESONANCE WITH THE LIVING TO CREATE PEACE From the Biocentric principle, a new ethic and an education for life

Tiziana Coda Zabet

Tiziana Coda Zabet

MEMBER OF THE FORUM SCIENTIFIC COMMISSION

Elementary school teacher, teacher facilitator, and co-director of the Piedmont School of Biodanza. Since 2009, she has been a founding member of the Association “Life at the Children and Parents Center, which runs a Biocentric Parental School.

He is Past-President of the Association Rete Scuole Biodanza Italia.



Eternally grateful to Rolando for what he has transmitted to me, for the formulation of the Biocentric Principle, which is now part of my cells and continues to guide my research.

This principle inspired the biocentric school “Life at the center. Children and parents” that I founded in Turin in September 2009, whose project is: Building together a biocentric culture that favors the flourishing of the human being and the planet.

And today, in the winds of war that surround us, the need for resonances, for Peace, cries out even louder.

.....

“The Biocentric Principle arises from discoveries made in the field of genetic biology, evolutionary science, systems theory and biochemical study. Its point of reference is the Universe considered as an immense living system. The Biocentric Principle is the basis of every human process: politics, economics, science, law, education, ethics, medicine, everything must revolve around life " Rolando Toro Araneda.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

Even in education, Life must be the theoretical and methodological center, therefore the educational priority is the development of internal rules for living.

It is enough to take a look at the objectives of biocentric education (the integration of conceptual intelligence with affectivity, the image of the relational, ecological, cosmic man, integration with the similar and with the environment, the expression of instincts, actions that allow the conservation and evolution of life in all its forms) to understand that underlying every choice of our individual life and within a biocentric education is a new ethic.

NEED FOR A NEW ETHICS:

Ethics deals with the determination of what can be defined as the meaning of human existence, the profound ethical-existential meaning of the life of the individual and of the cosmos that includes him.

(difference between morality and ethics). Respect for life and for every form of life, tolerance, an active solidarity constitute the ethical core around which movements such as Biodanza must be inspired.

Let's see what Rolando's favorite authors tell us:

LÉVINAS:

Ethics is the responsibility of the Bond with the Other, and its source is Transcendence..... ethical consciousness is concretely the welcoming of Others”.

MORIN:

The more we become aware that we are lost in the universe and that we are engaged in an unknown adventure, the more we need to be linked to our brothers and sisters in humanity. Every ethical act is in fact an act of reliance (connection and alliance), reliance with the other, reliance with one's own, reliance with the community, reliance with humanity and, ultimately, insertion into cosmic reliance.

LEOPOLD:

For an ethic of the land "A decision is right when it tends to preserve the integrity, stability, beauty of the biotic community". The awareness of being "traveling companions" of other natural beings implies that nature has its own value independent of that which the human being gives it. In short, a terrestrial ethic changes the role of Homo sapiens from conqueror of the earth to simple member and citizen of his community”.

PAUL W. TAYLOR: "An ethic centered in life is different from an ethic centered in the human. Living things deserve the interest and consideration of all, simply for being members of a community of life on earth. The fulfillment of individual living

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

organisms consists in reaching the full development of their biological potential, therefore our actions must favor these potentials. Furthermore, they must be independent of any principle of utility or interest.

ROLANDO TORO: "The experience of an intimate bond with others (the others are ANYONE ELSE, OTHER THAN ME) is a culminating experience that try it a few times in life. Trying it even just once allows you to change your attitude towards yourself and others. Knowing for sure that we are not isolated, that we participate in the unifying movement of the cosmos, is an experience sufficient to shift our scale of values. But this knowing for sure is not intellectual, it is moving and transcendent”.

We have the Vivencia, living here and now, the total experience. The concept of "Vivencia" indicates a way of feeling and thinking, it is a psycho-physical state of fullness, of integration with oneself, with others and with the environment.

In the vivencias of Transcendence, the mechanisms of the neurotransmitters that normally exist in the organism are activated and that have an effect similar to that of entheogenic drugs (the God within, the God within us). After having lived a "supreme experience", you discover a new meaning of life with the improvement of the bond with nature, with other people and with yourself.

SO, WHAT CAN WE DO?

The most precious experience of Biodanza is to live unconditional love, that sense of solidarity that is born in the encounter with the unknown, in looking into each other's eyes and discovering ourselves as brothers/sisters, in the attraction between the living. In the 2 world wars, in trench warfare, the trenches had to be dug far enough away to prevent looking the enemy in the eye, precisely for this reason. When living beings look into each other's eyes, brotherhood is born.

Therefore, the encounter is the most powerful gesture to establish peace. Let's remember it, let's use it in our daily lives.

And let's remember Rolando's words: "Affection is social action". Let's get out of passivity, let's become agents of peace.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

CONFERENCE

PEACE IS AN ATTITUDE:

How to strengthen our capacity of peace, and enlightenment.

How can our brain think peace (Inside us)

Ana Cristina Jacome Azevedo



Ana Cristina Jacome Azevedo

With 23 years of experience in Biodanza, she has been a facilitator since 2009 and a Didact since 2019, certified in various extensions, in particular in Clinical Biodanza with Giovanna Benatti and Maria Lucia Pessoa and I Ching Dancing Biodanza with Marlise Apps and others, she has been giving lessons for 11 years, workshops for couples for 5 years and I Ching Dancing Biodanza monthly for 3 years, gives lessons in Biodanza schools and carries out supervisions.

A clinical psychologist with 26 years of experience, she works privately and in Portuguese and European healthcare systems. He teaches for 16 years at university in Portugal. He teaches "Psychology of Movement" at the Ballet Teatro school in Porto.

Health Coach for 24 years ICF.

MBCT Mindfulness Facilitator, MBSR. Facilitator of family and organizational constellations for 19 years. Couples and sexual therapist for 12 years.

When you experience peace, enjoy it, let it sink into you, weaving its way into your brain so it increasingly becomes the habit of your mind.

We will share four kinds of peace, and, where each might be found.

In our culture of pressure, invasive demands for attention, and jostling busyness, inner peace must be protected. When we experience it, enjoy it, which will help it sink into you, weaving its way into your brain so it increasingly becomes the habit of your mind.

Not a peace inside that ignores pain in oneself or others or is acquired by shutting down. This is a durable peace, a peace you can come home to even if it's been covered over by fear, frustration, or heartache.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

When you're at peace – when you are engaged with life while also feeling relatively relaxed, calm, and safe – you are protected from stress, your immune system grows stronger, and you become more resilient. Your outlook brightens, and you see more opportunities. In relationships, feeling at peace prevents overreactions, increases the odds of being treated well by others, and supports you in being clear and direct when you need to be.

How?

We will share four kinds of peace, and where each might be found and awake by making BIODANZA

The first two kinds are pretty straightforward, while the third and fourth take a person into the deep end of the pool. BIODANZA can facilitate to notice, appreciate, integrate elaborate and practice in daily life each of these.

In our culture of pressure, invasive demands for attention, jostling busyness, wars..., inner peace must be protected. When you experience it, enjoy it, which will help it sink into you, weaving its way into your brain so it increasingly becomes the habit of your mind:

The Peace of Ease

This is the peace of relaxation and relief, and it comes in many forms. You look out a window and feel calmer, talk through a problem with a friend, or finally make it to the bathroom. You exhale slowly, activating the soothing parasympathetic wing of the nervous system. You finish a batch of emails or dishes. You were worried about something but finally, get good news.

Whew. At rest. It's easy to underestimate this sort of peace but it really counts.

The Peace of Tranquility

This is deep quiet in mind and body. Perhaps you've felt this on first waking before the mind kicks into gear. Or while sitting next to a mountain pond, something of its stillness seeps into your heart. At the end of a workout, meditation, or yoga, you might have felt serene.

When mind and body are this settled, there is no sense of deficit or disturbance, and no struggling with anything, or grasping after it, or clinging to others. There is inner freedom, a non-reactivity, which is wonderful.

The Peace of Awareness

This is a subtler kind of peace. Perhaps you've had the experience of being upset and your mind is racing . . . and at the same time there is a place inside that is simply

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

witnessing, untroubled by what it sees. Or you may have the sense of awareness as an open space in which sights and sounds, thoughts, and feelings, arise and disappear; the space itself is never ruffled or harmed by what passes through it.

I'm not speaking of anything mystical here, only what you can see directly in your own mind. As either a bare witness or the space through which the stream of consciousness flows, awareness itself is always at peace.

The Peace of What's Unchanging

First, while most things continually change, some don't; for example, the fact that things change doesn't itself change. Two plus two will always equal four. The good thing you did this morning or last year will always have happened. Things that don't change are reliable, which feels peaceful.

Second, while individual waves come and go, the ocean is always ocean. While the contents of the universe are changing, the universe as universe is not. You can get an intuition of this by recognizing that you are a local wave in a vast sea of human culture, nature, and the physical universe; yes, you are changing, but within an unchanging allness. The sense of this, even if fleeting, can really put you at peace.

Third, you could have a sense of something transcendental, something eternal, call it God, Spirit, the Unconditioned, Love or by no name at all. Beyond words, this offers “the peace that passes the understanding,”

Change cannot happen only with good intentions or world peace conferences. With this conference we hope to be initiating a transformation, proposing new forms of bonding; we propose the incorporation of the body into existential destiny, in a context of pleasure respect for others peace.

1- Pedagogical objective: Experiencing and promoting internal harmony and relationships with others by understanding that the attitude of peace is before all an attitude of courage that is manifested in the search for solutions to conflicts and the appreciation of being a collective

2- Key exercise and symbolism: The key exercise is “Dance of Angel of Peace”. Convidar through delivery, music and movement to dance and incorporate kinesthetically or of Angel of Peace present not unconscious of all of us. Share with your Angel of Peace not from day to day advice, like others and the world

3- Activate this potential of peace within each person and also increase the internal disposition of each person to act in a more calm, thoughtful, comprehensive manner by promoting or dialogue and mutual response to what urge to be more than once in the service of life and love 4- Effects hoped for in hope: For the conscious and kinesthetic activation of losing a deep emotional and existential motivation to seek serenity and internal harmony and thus to give up on Internal predisposition for the

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

search for peaceful solutions and valorization of good collective stardom. An expected effect in the middle of the day is to help open the neural pathways to the creation of an internal mental attitude

5- Message, a phrase: There is no path to peace, Peace is the path

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

CONFERENCE

CONTACT AS A HUMAN RIGHT FOR A pedagogy of peace

Maite Bernerdelle

Maite Bernerdelle

Student and then collaborator and friend of Rolando Toro Araneda, founder of the Biodanza School of Sardinia and director of the Hispanic School of Madrid, member of the IBFed Methodology Commission, trainer of the Teaching Course.

Creator of the Human Integration Process-Masaje Vivencial System.

Creator of the Biodanza specializations: Biodanza in Massage, Biodanza Sexuality Rehabilitation, Biodanza and Body Reading, Perinatal Biodanza. Trainer of all the main Extensions of Biodanza, such as Minotaur Project, Tree of Desires, Biodanza and Tarot, Biodanza Identity and the Four Elements, Biodanza and Clay, Aquatic Biodanza, Biodanza and Neoshamanism, Presentimento dell'Angelo among others.



Many years have passed since the United States Declaration of Independence of 1776 in which we find written. “all men are entitled to certain inalienable rights, and among these are life, liberty and the pursuit of happiness”. The French Constitution of 1793 also refers to the value of happiness as a purpose of society.

A society that values the rights of the person, is the foundation of objective law in its effective dimension and of the right to love in respect of the human person, and specifically of his dignity.

The word love is an important word, which evokes human warmth, the relationship with others, solidarity, altruism, empathy; it is a term that gives fullness to the relationship between people and expresses the freedom of living.

Using the word love means referring to a relationship that is not only equal, but based on solidarity and mutual respect, it means directly contrasting the opposing force of

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

words such as inequality, discrimination, oppression, subordination, pretension, indifference.

I have dedicated a lifetime to claiming the natural right to love through expression and above all to contact as a primary learning tool and as a universal language of human relationships.

I have believed all my life that the only revolution that makes sense is the defense of contact for well-being, health and happiness. I have experienced many aspects of contact and I have seen a lot of pain, in many countries and continents and this has strengthened my decision to defend life in all its aspects. Contact, the caress, are what will allow the human being not to really fall into an apocalypse, courage and love at the service of society, of man, can transform the world, spread happiness.

It is necessary to defend the caress, a natural, instinctive act, especially in childhood, but also in adult life and old age, because we all have the right to receive a qualified contact that contains in itself feelings, intentions of beauty, care, nourishment, that qualifies us, that strengthens our psycho-physical identity, from birth to death. This is what makes us progress as a society, as humanity, as dissent to the violence and pathology that the lack of contact generates, against the rancor and armoring that the lack of contact produces, in favor instead of a fuller society that walks towards health, integration and the greatness of human beings.

I feel a great hope when I see people who unite and act for the good of humanity.

“The art of contact has its own language and contains within itself the ability to perceive the intelligence of the hand that goes beyond technique to take the form of poetry, of affective communion with the other...to discover the value of the body in its dignity and power, in its gentle humanity and in its sovereign beauty.”

Maite Bernardelle



Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

CONFERENCE

PENSARE ALLA PACE.

Un viaggio vivenciale

Cordula Bruch



Cordula Bruch

Naturopata e medico di medicina olistica. Oltre ai tradizionali trattamenti naturopatici, utilizza anche metodi di omeopatia, agopuntura e guarigione energetica. Sono anche specializzato in interventi psicoterapeutici, influenzati da approcci terapeutici sistemici e ipnoterapeutici, nonché PEP (psicologia focalizzata sul processo e sull'incarnazione). Formazione in: Lavoro d'impulso con il corpo®, Psicoterapia sistemica con formazione complementare in costellazioni familiari, PEP®, Formazione complementare in PNL, ipnoterapia, oncologia e psico-oncologia complementari e olistiche, Facilitatore, Supervisore ed Educatore di Biodanza® da più di 20 anni in Europa e a livello internazionale.

A journey to Peace on an experiential level - What does our brain need to think about peace?

How can we think about peace?

It has long been clear that we need empathy, warm hugs, stability, security and trust, understanding, justice, compassion, FREEDOM and LOVE!

Already Spinoza (17th century) said: “Peace is not the absence of war, but a state of the brain to think about trust and justice.”

And peace researcher Dorothy Thompson (1893-1961): “We need creative alternatives to react to conflict/violence to create peace.”

Peace arises from resilience to conflict.

“Thinking about peace requires all the skills of a healthy brain.” (Dr. Michael Nehls)

The sum of all individuals multiplied by their degree of individuality results in a society's degree of capacity for innovation, which requires creativity (play) and development of genetic potential. The neural correlate of our uniqueness and creativity is the ability for neuroplasticity.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

CONFERENCE

BE THE PEACE YOU WANT TO SEE IN THE WORLD

Leaving the victim and embracing the creation power

Daniela Dexl

Daniela Dexl

Trained Shiatsu practitioner, Biodanza teaching facilitator (2007-2009) and creator of the Healing Numbers dance meditation according to Prof. Grabovoi. The passion for neuroscientific understanding and brain-body interaction in the form of processes of consciousness expansion and integration work has been wonderfully complemented and enriched by the recently completed basic training as an Applied Neuroscience practitioner.



We all dance our own dance of life. But how we dance it is up to each and every one of us.

Our journey of life begins prenatally, feeling what the mother feels. The first neuronal connections in the brain are formed. At birth, we are limitless and still connected to everything. We are born into an environment, so-called eco-factors, that proves to be conducive or inhibiting to our overall potential. Guardians pass on to the newborn all their expectations, ideas, hardenings, belief patterns and restrictions to the best of their knowledge and conscience, which reaches the child's vital unconscious unfiltered. The child then develops coping mechanisms to restore coherence in the brain. These wire up to form neural networks that solidify with repeated experience. Every circuit triggers a chemical reaction in the body that we call emotion. Every experience is thus linked to an emotion that is stored in the body in the form of cellular memory. At the age of six, the circuits in the brain are formed and our personality, our state of being, is manifest. We have our thoughts, which trigger

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

feelings, which lead to certain actions and lead again to the same feelings and the same thoughts – **our program**.

We react to life according to learned patterns, are functional, but do not create anything new. There is a tendency to compensate for these failures on the outside by means of possessions and performance. And that creates stress; the excitement contains a lot of energy, which feels alive, but leaves emotional unfulfillment and dissatisfaction in the depths.

Because we can only find within ourselves what we are looking for on the outside. Law of resonance: Through our thoughts, which are connected to feelings, we permanently send out a certain wave of energy. However, the latest research has shown that there is an even 5000 times stronger, larger energy field around us. Namely, the one we create with our heart - **the heart resonance field**. Every heartbeat triggers impulses that form an electromagnetic field around us. With the help of our heart, acting like a magnet, we attract things, situations and people into life that resonate with us – what we are aware of and also what lies dormant in the unconscious following our program (about 90-95%). We attract what we radiate. And experience repetitions on the outside until the experience and we can rise to a higher level of consciousness (new perception, new attitude) through readiness for growth.

Life is a path of knowledge. We all go through our lives as seekers until we uncover our deep and full human potential. Because it is the longing for happiness and health on all levels that drives us forward and makes us keep searching.

According to Prof. Gerald Hüther (German brain researcher), there are two basic needs that serve as the strongest driving force: **the need for connectedness, belonging and freedom of action**.

In the past, it was thought that the brain develops in childhood due to genetic make-up. And it would stay that way for a lifetime. Our structure and destiny are programmed in DNA; the genes control and control our lives: the determinism that made us the victim of our genes, which determine our lives. **Epigenetics**, the latest biological research, says that our brain is neuroplastic and that genes cannot be switched on and off by themselves. It needs a switch and that is in our environment. However, it is not our environment that controls our behavior, but how we perceive it. Perception causes growth or fear. If we perceive a loving environment, we open our arms and let them into our hearts; we feel something unpleasant, we close ourselves off and growth is blocked.

What happens in the cell, roughly speaking? The cell consists of a nucleus, plasma and a cell membrane. The cell nucleus consists of protein and DNA. The protein forms a protective shell around the DNA. A stimulus, a signal from the environment, can connect with the protein and trigger a movement that causes the protein to detach

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

from the DNA. The genetic section is exposed and made legible. The cell membrane decides whether the stimulus penetrates to the cell. Receptors on the membrane sense the things around us, and effectors translate what is absorbed into a physical sensation. This is what happens in the cell and also on our body skin (or via the eyes and ears, which are also formed from skin). We react to environmental signals – heat, touch, pain, light – with physical sensation. The reaction is based on our perception through body sensations. If we perceive loving things, it is associated with pleasant impressions and we usually open ourselves to them. If we perceive fear, we close ourselves off.

Conclusion:

- Perception of our environment controls our behavior (protection or growth/opening, survival or life mode) & gene expression
- We are shapers of our lives & not victims
- It is consciousness that can produce new behavior and rewrite genes

In order to bring about a change in life, we ourselves must embody this desired state of being. If we radiate these desired emotions, we attract the desired result into our lives according to the law of resonance. The state of consciousness thus creates reality and the concern is to be able to resonate with a reality that corresponds to our wishes and dreams in life. To bring things into my life, it doesn't just take words and thoughts, but the carrier is the feeling. Emotion and an open heart lead to problem-solving and goal achievement. And with Biodanza, emotion is linked to what is to be realized.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

CONFERENCE

BIODANZA AND ALZHEIMER *Emotions that stimulate life*

Clara Bianchin and Equipe:



Clara Bianchin

For more than twenty years, Tutor Biodanza Instructor, specializing in Clinical Biodanza, Biodanza and Neurodegenerative Diseases, Biodanza and Neurosciences. In addition to leading weekly groups and in-depth internships, she is particularly committed to working with Biodanza in the clinical setting in CEODs for mental disabilities, and in day and residential institutions for Alzheimer's patients. She is the founder and collaborator of the Multipurpose Center “TREE OF DESIRES” in Montebelluna, where she carries out Biodanza activities and promotes seminars and conferences, as well as various activities for

Among Neurodegenerative diseases, ALZHEIMER's syndrome accounts for 60 to '80% of total cases of dementia

It is an exponentially growing disease that has a strong impact on both the social and economic spheres mainly, it concerns elderly people but there are also cases of young people.

The mechanisms of Neurodegeneration can be different with multiple causes. Risk factors identified are: sedentary lifestyle, alcohol, smoking, hearing loss, diabetes, head trauma, social isolation, depression, chronic stress.

In years of research it has been seen that the mechanism is caused by a pathological accumulation of altered proteins that the cell cannot get rid of, so plaques are formed which determine the death of brain cells and the progressive loss of functions associated with those areas of the brain, in the case of Alzheimer's these proteins are called beta-amyloids and Tau protein.

Functional decrease generally starts from the memory centers, and then progresses to other areas of the brain, up to total cognitive and functional loss.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

The onset of symptoms appears when neuronal damage is already extensive, the degenerative course is progressive and irrecoverable, the evolution of the disease has a duration varying from 10 to 20 years.

In the course of the evolution of the disease, in addition to the cognitive deficit that characterizes the early stages, serious behavioral and psychic problems arise such as psychomotor agitation, delusions, hallucinations, which then become the cause of family stress and the request for hospitalization in residential facilities. Due to the variability and very insidious nature of the manifestation of the disease, the diagnosis is very complex.

Therapy: pharmacological treatments have symptomatic action with the aim of improving the clinical manifestation of the disease: memory, agitation, hallucinations ...etc. Unfortunately, the effect of therapy decreases as the disease progresses.

Non-pharmacological therapies have been identified as useful and fundamental, to improve both aspects of the disease but above all the quality of life of people suffering from dementia.

APPLICATION OF BIODANZA IN GROUPS OF PEOPLE WITH ALZHEIMER'S AND NEURODEGENERATIVE DISEASES

To plan an effective intervention of any type (cognitive or physical training, recreational activities, etc.) it is necessary for the operator to consider the person and the complexity of the disease, evaluate:

- cognitive, behavioral, functional aspects: information on the diagnosis, cognitive and functional difficulties, any psycho-behavioral disorders, and residual skills to be strengthened.
- emotional and affective aspects: being aware of any mood disorders that may be accentuated in the second part of the day or in new environments, of addictive relationships that may be created with the main caregiver.
- physical and social environment: structuring a prosthetic environment building a space around the sufferer that lacks stimuli that can lead to confusion and disorientation.
- periodic review as a function of disease progression

As already mentioned, **language** also progressively undergoes decay.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

Effective communication plays a fundamental role, especially in the latter stages, it is important to communicate through all non-verbal channels which remain even in the advanced stage of the disease. Verbal communication conveys only a small part of the content of the message through language. The elements that make up non-verbal communication are:

the expressions

proxemics (distance-proximity between individuals)

the posture

the gestures

The main functions of non-verbal communication are emotions, being oneself.

It should not be assumed that the person with dementia cannot communicate, and that words are not the only possible means. You can communicate with your gaze, modulating facial expression, voice intonation, body language and physical contact: taking hands, hugging.

The first skill for those who work is EMPATHY.

It is necessary to be calm: the person with dementia understands our state of mind.

Look into each other's eyes when speaking.

Try to make people smile.

Stay close even with minimal contact, put them at ease.

Observe the person's expression and mimicry and use this communication channel.

Speak slowly with short sentences, elementary concepts, simple words.

Never interrupt the person speaking (or trying to speak).

Respect expressive difficulties, without correcting paraphrases and any neologisms.

Let people participate in the conversation.

Remember that the person with Alzheimer's is not a child but remains an adult with their own significant life history.

In the problem of neurodegenerative diseases such as Alzheimer's, movement and communication are highly implicated aspects and **BIODANZA** represents a very significant resource: dance generates a global experience that is both corporeal, psychic and relational. In addition to physical involvement, it involves emotionality, creativity, relationships, with concrete and clear motivations.

The practice of Biodanza integrates the qualities of movement even if it is deficient, stimulating and enhancing the residual resources present: it can bring out emotions, stimulate creative expression, facilitate awareness and relationships. The same can be true for professional and family caregivers. It can represent an effective way to help the elderly and Alzheimer's patients alleviate suffering and deal with degeneration,

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

becoming a valid and significant contribution in the field of non-pharmacological therapies.

OBJECTIVES

- raise mood
- stimulate energy, vigor, self-esteem
- stimulate well-being and serenity, reduce anxiety, (and consequently reduce the administration of sedatives)
- increase body perception and awareness, promoting joint mobility, strengthen the pleasure of the body in movement, maintain and improve general physical condition and motor coordination
- fostering memory stimulation
- activate attention outward
- stimulate interpersonal relationships, foster sociability and relationships.
- manifest emotions and feelings
- reactivate curiosity by encouraging creativity and fostering the expression of oneself and one's emotions through dance and movement
- stimulate verbal and non-verbal interaction
- stimulate social roles
- reduce the sense of helplessness of staff and families.

Biodanza's activity promotes the transition from passivity to activity. The proposal is for movements of expansion and relaxation, alternating rhythms knowing that accelerating tends to euphorize and decelerate satisfies a trend but also a need.

To exercise **memory**, all sensory registers are activated: sight, hearing, touch, all mobilized to activate short-medium-long term memory.

Sociality and relationships are enhanced by the proposals of each and every one, allowing us to see and experience the movements of others, observe others dancing and dancing (mirroring).

Reduce anxiety and stress, making you feel confident in your movements while sitting to progressively reach an upright posture, perhaps with aids or operators. You can try to increase or recover joint mobility and body relaxation, important the dimension of fun and lightness, which stimulate calm and reduce levels of anxiety and stress.

All caregiver figures can and must be involved in the Biodanza project - with results for them too of greater lightness - relaxation and also enjoyment, their contribution of

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

reflections and observations important and useful - and. Family members can also draw support from this activity with benefit in relationships with the patient.

CLINICAL BIODANZA SESSION

BIODANZA AND NEURODEGENERATIVE DISEASES



The session of Biodanza x Alzheimer's patients lasts a maximum hour and a quarter, the methodological curve is followed, starting with progressive activation of movement to stimulate the body, creative and playful expressions that raise the mood, always alternating movement and rest, important to stimulate the use of the voice by proposing songs from their times of their memories. The phase of abandonment through stroking is highly appreciated because they find care and peace, when there is the possibility of exchange they manifest their affective capacity and care in a moving way. The final activation must always be playful and the sense of joy creates the expectation for the next meeting, in fact a common phrase is: I know I'm here because I'm fine and I'm having fun, I wish it could stay like this all the time... For us operators it is **ACHIEVING THE GOAL**

Questionario di ricerca

Research questionnaire

1-PEDAGOGICAL OBJECTIVE OF VIVENCIA: to generate emotions that stimulate LIFE

GIVE and RECEIVE in the age of Senile Dementia

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

Give motivation for an existential reactivation to those who, in the physical and cognitive disability of senility, live in depression, resignation, and a sense of loneliness.

2-KEY AND SYMBOLIC EXERCISE: Exchange of emotional care through caressing, demonstrating that it can always **BE GIVEN AND RECEIVED**

3-HOW PEOPLE INCORPORATE VIVENCIA: Affective contact as a gesture of **CARE**, as elderly as children the first need for care comes from the loving touch of the caress.

4-WHAT ARE THE EXPECTED EFFECTS THAT WE WANT TO AWAKEN
Awaken the expression of the gesture to activate **EMOTIONAL EMOTIONS**

5-WHAT MESSAGE TO TAKE HOME: The need for **AFFECTION** has no time or age: it is from the beginning to the end of life. The elderly even in total disability has the ability to be able to **GIVE** again, again, again....

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

CONFERENCE

LIVING IN PEACE THROUGH ASTROLOGY AND BIODANZA

Lucia Novello e Lidia Rinaldi



Lucia Novello

For over 30 years she has worked as a Social Worker and trainer for social and health workers. A Biodanza facilitator, she leads groups for adults, people with addictions, disabilities, dementia disorders, and women's groups.

Livia Rinaldi

Biodanza Facilitator passionate about Astrology, Symbols, Myths, Archetypes. For many years he has also extended his training in the field of quantum physics. Since 2003, she has led regular weekly adult groups, monthly internships in Europe and South America, and transformative trips; at the same time, she facilitates senior groups with disabilities and psychological difficulties.



Peace is not given by a relationship between people or conditions, it is an expression of being, it is inner tranquility; consequently when we relate to others and to life we can feel the absence of disturbance and hostile feelings, for this reason the doors of peace between peoples open. Peace is not a value among values but is the fullness of good/well-being and happiness; it contains everything that we can wish for ourselves and others. It reaches the person to the heart and holds people in the embrace of brotherhood, a seed of peace has been placed - and hidden - in the very heart of humanity and now it will grow "spontaneously"!

First I make peace within myself, then when I meet others I transmit peace and when I look at the world I see and feel it with the eyes of brotherhood; I become the seed of peace.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

How do we get to Be Peace?

When we recognize that we have done everything we could and wanted in our life; most of us would have liked to do, but we were unable to do it for various impediments/reasons and we find ourselves living in regret. We always anxiously have something to do that stimulates us and therefore we are never at Peace.

Some people take action to free themselves from practical issues, from emotional relationships, thinking that these are the obstacles to their own Freedom/Inner Peace, in reality peace is not given by a liberation from something or someone but is a state of Being that occurs when there is peace/harmony within us: when we recognize our mission we begin to see the road, to be exactly in the place and in our place, to perceive the path towards the existential purpose; there are no more anxious actions to do, we are no longer a boat in a storm that is tossed left and right, but we maintain the course, that is, we are in our peaceful center.

We start from Individual Peace to move on to a proximal collective Peace that strengthens and concretizes the vision of Existential Peace.

I have been interested in astrology for more than 40 years, in 1998 I met biodanza and my astrological approach changed: it was enriched with a deep awareness; before, when I read astrological cards, I did it with a forecasting/interpretation objective. Later, I learned that astrological readings could become vivencias/dances, or rather another possibility to experience astrological reading and the direction of one's existential path; the Zodiac is a powerful tool that, transformed into a specific dance/personal challenge, helps to reveal what we can do or be (it allows us to dissolve/integrate the blocks that prevent us from moving forward) in order to feel free/at peace and on our true path of Existence.

When I was an astrologer, people wanted predictions, but knowing the future was not enough because, then, they asked what the possible solutions could be. At that time I was very young, I was 24 years old, I was doing many life experiences to know myself (Rebirthing, Dynamics, Kundlini ...) without having attended schools that gave me tools to put into practice. When in 2000 I started the Biodanza school I saw that on me and on others this system of practice influenced our growth on a personal level through small and progressive changes. These changes could follow a specific direction and be incisive with the help of astrology. Reflecting on this and comparing myself with other biodanzants, specifically with Myrthes Gonzales (who at that time 2005-2017 I frequented and collaborated with), I realized that astrology could somehow "direct" the process of change that biodanza activates in general. Together we created Astrology and Biodanza courses (The dance of the sky chart: Affective

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

realization, the rituals of ecstasy, the existential purpose...) where I read individual astrological maps for each participant: they were thus made aware of their existential purpose and at the same time the blocks that prevented them from following/staying on their own path (i.e. the existential path that we give ourselves at birth) were identified. So after the astrological reading, Myrthes and I created specific dances/challenges for each participant so that each person, experiencing their own dance/challenge, "received" a clarity/understanding of themselves and of the direction to maintain. The sky chart of each one is like a fingerprint. Being on a path, having awareness of the direction to maintain, leads to a manifestation of the self, through the use of one's potential, with ease, naturalness and without effort. When you have clarity about all this, it is no longer necessary to go by trial and error, as everything we do is by our conscious choice, we know what it is

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

BIODANZA SESSION

CONTACT AS A HUMAN RIGHT AND PEDAGOGY FOR PEACE

Maite Bernerdelle

Maite Bernerdelle

Student and then collaborator and friend of Rolando Toro Araneda, founder of the Biodanza School of Sardinia and director of the Hispanic School of Madrid, member of the IBFed Methodology Commission, trainer of the Teaching Course.

Creator of the Human Integration Process-Masaje Vivencial System.

Creator of the Biodanza specializations: Biodanza in Massage, Biodanza Sexuality Rehabilitation, Biodanza and Body Reading, Perinatal Biodanza. Trainer of all the main Extensions of Biodanza, such as Minotaur Project, Tree of Desires, Biodanza and Tarot, Biodanza Identity and the Four Elements, Biodanza and Clay, Aquatic Biodanza, Biodanza and Neoshamanism, Presentimento dell'Angelo among others.



A society that values the rights of the person, is the foundation of objective law in its effective dimension and of the right to love in respect of the human person, and specifically of his dignity.

The word love is an important word, which evokes human warmth, the relationship with others, solidarity, altruism, empathy; it is a term that gives fullness to the relationship between people and expresses the freedom of living.

1) Pedagogical objective of the vivencia

Relearning the language of contact as an essential tool for health and expression of a fundamental human right

2) Key exercise and its symbolism

Return to Paradise: the original touches

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

The exercise aims to recall and restructure the uterine vivencia, a first experience that makes us experience the different types of touches that, throughout life, accompany us, performing the function of making us feel whole and complete

3) how people incorporate the vivencia

The incorporation is direct and immediate thanks to the use of contact and different forms of caress.

4) what are the expected effects that we want to awaken

Promote awareness and the importance of physical contact in the daily life of human beings.

5) What is the message to take home (the participants will write it on a piece of paper and take it with them)

Giving and receiving caresses in a respectful and consensual way is a natural expression of your humanity and your right to emotional contact. Never forget it!

Maite Bernardelle

Student and then collaborator and friend of Rolando Toro Araneda, founder of the Biodanza School of Sardinia and director of the Hispanic School of Madrid, member of the IBFed Methodology Commission, trainer of the Teaching Course.

Creator of the Human Integration Process-Masaje Vivencial System.

Creator of the Biodanza specializations: Biodanza in Massage, Biodanza Sexuality Rehabilitation, Biodanza and Body Reading, Perinatal Biodanza. Trainer of all the main Extensions of Biodanza, such as Minotaur Project, Tree of Desires, Biodanza and Tarot, Biodanza Identity and the Four Elements, Biodanza and Clay, Aquatic Biodanza, Biodanza and Neoshamanism, Presentimento dell'Angelo among others.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

BIODANZA SESSION

SOWING PEACE.

Peace as a continuous act of protection for life

Tiziana Coda Zabet, Susanna Ponzone and Anna Maria Scano



Susanna Ponzone

A certified Biodanza facilitator, she is Co-Director of the IBF Biodanza School in Piedmont. She specializes in Biodanza for Children and Adolescents. An ISEF graduate and a graduate in Sports Sciences with a thesis on Biodanza, she teaches at the classical high school in Asti. She graduated as a Counselor from ASPIC in Rome and as a Facilitator of Self-Help Groups for Depression and Anxiety at the Faculty of Psychology at the University of Bicocca in Milan. She practiced Yoga at Dr. Balla's Psychosynthesis Center, Chinese Micromassage with Dr. Qi Xiao Hui, Taji-chi, and Wing Chung. She leads Biodanza groups in Asti and Costigliole (AT)

Tiziana Coda Zabet

Elementary school teacher, teacher facilitator, and co-director of the Piedmont School of Biodanza. Since 2009, she has been a founding member of the Association “Life at the Children and Parents Center, which runs a Biocentric Parental School. He is Past-President of the Association Rete Scuole Biodanza Italia.



Anna Maria Scano

Educated Biodanza Facilitator, specializing in “Biodanza Voice and Percussion”, “Biodanza Children and Adolescents”, “Biodanza and Zodiac Archetypes”, “Biodanza and Tarot Arcana”, “Biodanza and Neoschiamanesmus”. He is a tutor at the Biodanza Schools of Piedmont and Puglia. She is also an Ayurvedic and Holistic massage practitioner, trained at the Fifth Dimension School of Science and Teaching, in Sacred Technology and Angeology. It conducts, promotes and organizes workshops and events in Rome.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

Peace is a path that starts from me, it is a continuous act of love and protection for Life.

The philosopher Roberta De Monticelli gives us this image: “I rest in you” as a paradise to reach.

In this Vivencia we invite you to dare gestures, glances, words of Peace.

Long abstract

Peace is a path that starts from me, it is a continuous act of love and protection for Life.



Making peace with ourselves is the foundation of a fulfilling and healthy life; when we accept ourselves for what we are, we acquire serenity and calmness. But this discovery, this acceptance of ourselves, does not depend on a work of will, on a search “at all costs”, but rather on an act of trust and abandonment, on a deep and inexplicable feeling of “being one” with the other and with the world.

In Biodanza we say: “When I meet the other, I have news of myself.” The philosopher Roberta De Monticelli in her book “L’allegria della mente”, gives us this image: “I rest in you” as a paradise to reach, unexpectedly within reach. And we can reach it, with the Vivencia.

“Meditation in movement” Rolando Toro Araneda called it, a moment intensely lived in the here and now. A moment of total presence, in which space and time take on nuanced connotations, until they disappear.

And once again science tells us that the perceptions that come from expanded states of consciousness are Real: time is a measure born from the need of the human being, space bends, deforms.

Of course these insights of reality cannot reach us in the lifestyle of this society, in which we are continually bombarded by requests, information,

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

news. Artificially stimulated curiosity, which appears so free and disinterested, is actually driven by a deep anxiety of control, by the fear of losing something: to occupy oneself and worry in order to distract oneself from oneself, to escape from oneself.

In this style of dispersion, existential postures necessary for understanding the living are erased: intimacy, concentration, reflection, amazement, apparition, trust no longer exist. We have lost the present, the only time that participates in the absolute.

Everything is built to be quickly consumed, even nature and living beings, even relationships and love. Everything is built to appear, to be “first”, no matter with what methods.

This civilization based on competition has marked us deeply, diverting our instinct to collaboration, cooperation and Peace.

Today it is necessary to start again from ourselves, with courage, in a continuous search that creates harmony of intent, situations of tranquility,



serenity and restful calm, to continue in the relationship with the other and with the environment, joyfully following the path that Rolando Toro taught us.

Our tools, as a biodanzante community, are: the suspension of judgment, the integrating Vivencia, the Encounter, the welcoming gaze.

In this Vivencia we invite you to dare gestures, glances, words of Peace because Peace is a path, a dynamic situation always to be nourished.

Pedagogical objective of the vivencia

Feeling the sacredness of life, in the simplest, most essential gestures, and therefore most accessible to every being.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

Key exercise and its symbolism

Key exercise: the encounter is the key exercise of our vivencia, the simplest and most powerful gesture to establish peace. An uncodified encounter, which starts from oneself, from one's heart, from perceiving the moment in which we are ready to meet someone different from us. Simply, nothing to prove, just presence and listening.

Each person we meet can inspire us with a gesture, which can range from a look, from holding hands, from a touch on the cheek or on the heart, to a hug. All in feedback, slowly, as are the fundamental times of the living.

Symbolic: the most precious vivencia of Biodanza is to experience unconditional love, that sense of solidarity that is born in the encounter with the unknown, in looking into each other's eyes and discovering ourselves as brothers/sisters, in the attraction between the living. When living beings look into each other's eyes, brotherhood is born.

How people incorporate vivencia

Simply by letting the emotion act, which becomes a deeply felt gesture. Every time we are in total presence, a state of expansion of consciousness occurs in us, an ecstasy, which roots the lived experience in our cells, and makes it an agent of change. We become more ourselves. It is the encounter with 'the god' in us, in the other and around us.

What are the expected effects that we want to awaken



Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

First of all, the awakening of all our potential, the strengthening of our identity with the courage to be, to show ourselves and act in the world. In a human, non-destructive way.

What is the message to take home (participants will write it on a sheet of paper and take it with them)

Incorporate the sense of well-being, of serenity that arise when we dare to be ourselves, and feel welcomed, so that we can welcome the other to us. The sense of fullness and perfection of transformative action.

And let us remember Rolando's words: "Affection is social action". "Identity properly speaking manifests itself in a sacred way in the encounter with the other." (Rolando Toro Araneda).

So what else is there if not living the moment, the here and now, recognizing all the importance and sacredness of small daily gestures? If not feeling one's body as the direct link with the infinite?

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

BIODANZA SESSION

IMAGINE.

An Offering for Peace

Tuco Nogales, Aline Reis and Beatriz Palomares



Tuco Nogales

È direttore della Scuola di Biodanza SRT Al-Ándalus di Malaga. Formatosi alla Scuola "Rolando Toro" di Madrid, è facilitatore di Biodanza dal 1999, avendo ideato il progetto Biodanza e Le Quattro Stagioni, riconosciuto come estensione ufficiale dalla Federazione Internazionale di Biodanza (IBFed). Tuco ha tenuto corsi di formazione in Europa e nelle Americhe, e il suo approccio è specializzato in varie estensioni del sistema. Con una profonda dedizione all'espansione della Biodanza in Andalusia, la sua carriera lo posiziona come un punto di riferimento in Spagna e in Europa.

Aline Reis

È una pedagogista, dottoressa in Scienze dell'Educazione, master in Scienze Sociali, mentore di relazioni sane e praticante di Biodanza da più di 20 anni. Formatrice di formatori, Aline ha portato la Biodanza in gruppi sociali ed educativi, lavorando con diversi gruppi in ambito sociale. Inoltre, è direttrice della Scuola Oribá Biodanza di Córdoba e ha dedicato più di 10 anni all'insegnamento di classi sia per bambini che per adulti in diverse applicazioni: sociale, clinica ed educativa. Il suo focus è sul potere trasformativo della Biodanza, unendo la sua esperienza educativa e sociale con la pratica del sistema ideato da Rolando Toro.



Beatriz Palomares

È facilitatrice Didatta di Biodanza, con più di 16 anni di esperienza nella formazione e nell'accompagnamento di gruppi di Biodanza. Attualmente facilita gruppi in presenza a Madrid e nella Sierra de Madrid e lavora con gruppi di donne nei centri per l'uguaglianza e la salute mentale. È formata in estensioni come Identità e Autostima, Proyecto Minotauro e Biodanza Acquatica, ed è membro attivo della Rete di Professionisti di Biodanza della Spagna (BiodanzaYa). Inoltre, è un amante della scrittura, avendo pubblicato un libro di poesie intitolato Geografía de un Recorrido.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

Short excerpt:

Imagine: An Offering for Peace is an experience that invites each participant to become an active creator of peace, through movement and human connection. This session is presented as a symbolic and concrete offering for global well-being, where each danced gesture is a commitment to a more peaceful world. Inspired by the vision of a united world, proposed in the song Imagine, by John Lennon, this is an invitation to imagine and co-create peace from our movement in life. The course will be taught by Aline Reis, Beatriz Palomares and Tuco Nogales, facilitators of Biodanza teaching in Spain.



Long excerpt:

Imagine: An Offering for Peace is a Biodanza experience that aims to immerse participants in a deep experience of connection with peace, both internal and external. Inspired by the universal message of John Lennon's song Imagine, this session proposes dance as a vehicle for transformation, where each person offers their presence, gestures and movements as a contribution to world peace.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

As part of the International Forum of Social Biodanza in Vicenza, under the motto Dancers for Peace, this experience seeks to bring together people of different origins in a meeting space, where peace is not just an ideal, but a reality built step by step. step in everyday life. Through movement, emotional contact and music, an atmosphere of integration and unity is created that allows us to experience peace as something tangible and experiential. The participants, guided by Aline Reis, Beatriz Palomares and Tuco Nogales, three educational facilitators with extensive experience, explore how our steps can be a path to personal and collective peace.



The experience enters a space where movement, gestures and music will allow us to imagine a world without borders or divisions, where harmony and love between human beings are possible. Each dance is a symbolic offering for peace, a way to manifest that shared dream of a more compassionate and supportive

world. The experience will be imbued with a feeling of collective support: peace in the world begins in small gestures, in the conscious and loving presence of each person. This space invites each participant to be peace in their own dance, to live that commitment with the body and to offer it to the world as an act of active and joint creation. In this way, 'Imagine: An Offer for Peace' becomes a celebration of what we are capable of evolving together when we move with the purpose of bringing peace into our lives and into the world, in constant relationship.

1) Pedagogical objective of the experience:

The pedagogical objective of this experience is for participants to experience peace as an achievable and shared state, inspired by the message of John Lennon's Imagine. Through this experiential proposal, each person will have the opportunity to perceive, through dance, how peace, empathy and unity can be cultivated internally and

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

projected towards the world. The experience invites us to create a space without divisions, where individual well-being becomes an act of global peace.

2) Key exercise and its symbolism:

The key exercise is the Dance of the Incorporation of Peace. This is an introspective and transcendent dance, of deep connection with peace. It invites participants to integrate peace into their bodies and then extend it to the group. The dance symbolizes the idea that it is necessary to inhabit peace in our way of living, of being in our daily lives, in our relationships, in the way we feel in the world. Starting from this premise, each person contributes their essence of peace to form a united and harmonious reality, just as the song invites us to imagine.

3) How people incorporate the experience:

People integrate the experience through immersion in dance, with movements that inspire unity. The body becomes a channel of peace and connection. When dancing, the invitation is to open a space of relationship, to perceive and welcome the other, reaching a state of shared dialogue through dance. This process evokes the vision of Imagine, in which differences vanish to make room for a united humanity. Therefore, each person incorporates a physical sensation of peace and emotionally deepens their bond with the group.

4) Expected effects that we want to awaken:

Participants are expected to develop inner serenity and a conscious connection with their environment. We hope that each person awakens their commitment to peace, manifesting it daily through attitudes of respect, unity and empathy. Physically, participants can experience a relaxed and harmonious state; From a psychological and emotional point of view, the goal is to generate a renewed sensitivity and willingness to collaborate and live together peacefully.

5) What is the main message?

The main message is present in the song Imagine: “Imagine all the people living in peace...” “Imagine all the people living life in peace...” And we are inspired to invite each participant to carry with them the reminder that their inner peace contributes to a better world. What we want when we transmit the message of Imagine is this call to

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

personal and collective peace, which encourages us to imagine and actively create a world in harmony.



Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

BIODANZA SESSION

THE HOUSE OF THE SOUL.

The Sacred Place of Transformation and Rebirth

Ugo Rizzo and Tiziana Centomani

Ugo Rizzo

Co Director School Training Teachers Biodanza Puglia. Relationship facilitator specializing in empathic communication applied to human relationships. He became a Biodanza® Teacher in 1994, participating in the first Italian Training School under the direct teaching of Rolando Toro. In 2008 he created the "BioCoaching" method, thus becoming the first Italian trainer specialized in Biodanza® and Motivational Coaching. He is a journalist.



Tiziana Centomani

Co Director School Training Teachers Biodanza Puglia. For a decade he has been dedicated to the spread of biodanza in the social field (prison, schools, voluntary associations, retirement homes, treatment centers for eating disorders). He is an expert teacher of Health Education with the Biodanza Method at the CPIA of Oristano (Provincial Adult Education Centre) and is Vice President of the Board of Directors of ASD S'ANDERA – Biodanza in Sardinia

SHORT ABSTRACT

Imagine entering an intimate, safe and welcoming space. A place that does not belong to the external world, but exists within us, in the depths of our essence. This place is The House of the Soul, our inner sacred space where our truth, our truest emotions, our most hidden resources and our sublime authenticity reside.

A Biodanza session dedicated to exploring this inner space, to awaken in it the fundamental qualities of joy, serenity and connection with ourselves and with others.

GHV Hotel & Spa, Creazzo (VI), Italy

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

LONG ABSTRACT

1) Pedagogical objective of the vivencia:

Rediscovering vital force, rediscovering one's uniqueness and one's contribution to Humanity

2) Key exercise and its symbol:

Vital Breath. The essence of US. Animating each other.

3) How do people embody the vivencia:

Recognizing themselves and flourishing also thanks to emotions of unity and belonging to the Human species

4) What are the expected effects that we want to awaken

Greater Self-esteem, fullness, integrity, solidarity and intraspecific connection

5) What is the message to take home:

The Human Substance, is in the common matrix. The House of the Soul The Sacred Place of transformation and rebirth

Imagine entering an intimate, safe and welcoming space. A place that does not belong to the external world, but exists within us, in the depth of our essence. This place is The House of the Soul, our inner sacred space where our truth, our truest emotions, our most hidden resources and our sublime authenticity reside.

A Biodanza session dedicated to exploring this inner space, to awaken in it the fundamental qualities of joy, serenity and connection with ourselves and with others. What can you expect during this session?

The session is structured to allow participants to explore different metaphorical rooms of the "House". Each room represents a different aspect of our soul, and in each of them we will awaken a specific emotional or existential quality:

The Room of Trust: Here we will allow ourselves to break down the barriers of fear and mistrust, cultivating the ability to trust others and to welcome the support that is offered to us.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

The Room of Joy: This space is dedicated to the rediscovery of spontaneous happiness, the ability to feel alive, light and free to express one's essence without judgment.

The Room of Inner Strength: Through vigorous and intense movements, we will awaken our determination, our ability to face life's challenges with energy and courage.

The Room of Love: A moment to reconnect with love, not only towards others but also towards ourselves, accepting and embracing every part of our being.

La Vivencia: the present moment that becomes Life

The heart of Biodanza is the vivencia, that is, the experience lived in the present moment. Every movement, every gesture, every emotion that will manifest during the session will be a gateway to our inner world. And, as always, there will be no need for words, because the body speaks for us. Through music and movement, we will connect with our authentic self, experiencing sensations of integration and well-being.



Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

During the session of "The House of the Soul", the main objective will be to awaken the awareness of our internal resources because many of us live frenetic lives, full of responsibilities and expectations that often distance us from who we really are. In this meeting, finally the creation of a space of connection in which we can slow down, breathe, rediscover and remember who we are deep down and bring the great contribution of our authenticity to the social sphere, establishing healthy and peaceful relationships while respecting everyone's diversity.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

BIODANZA SESSION

CHAOS IS HEAVEN WHERE PEACE AND LOVE DANCE.

Cleila Pereira and Claudia Gatto



Cleila Pereira

Didacta and Director of the SRT School of Biodanza in João Pessoa, Brazil; Professor at the Federal University of Paraíba, Brazil; holds a Master's degree in Linguistic Studies from Lancaster University, UK..

Cláudia Gatto

Educational facilitator from Brazil; holds a PhD in Medical Sciences from the University of São Paulo - Brazil; is a physiotherapist; and is a professor at the Universidade Federal da Paraíba.- Brazil



THEORETICAL BASIS

Chaos, in the Greek understanding, was related to something extremely disordered and random, causing instability, reflecting in a disorientation in people's lives, causing them suffering.

Created from the study of atmospheric movements, the current Chaos Theory proposes that there is a natural order that escapes our control and does not leave us without direction.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

Chaos Theory proposes that there are attractors that give a natural order to life. The first consequence is the realization that life is not linear. This leads us to the idea that life is probabilistic, that is, at each step taken other probabilities may arise. The fact that there are some probabilities and not certainties increases the richness of life, there are more options for occurrences.

Chaos is the source of creativity. Only by being in Chaos are we truly creative. Life occurs in Chaos, Love only exists in Chaos, as does Peace. Therefore, Chaos is not a place without order that causes us despair, there is a natural order. Acceptance of this natural order, that is, being present in the here-and-now, allows us to flow through life with intensity and depth.

OBJECTIVE

This work aims to provide participants with an experiential understanding of the concept of Chaos, according to the theory developed since the 1970s, as well as to provide the perception that the notion of paradise corresponds to the most current concept of Chaos. And, it is important to add, the experiential understanding is deeper than the merely intellectual one, and both are complementary.

STRUCTURE OF THE EXPERIENCE

The experiential activity will be based on the Biodanza methodology, created by the Chilean psychologist and anthropologist Rolando Toro Araneda. This activity consists of individual or group dances, using music specially selected for that purpose.

Chaos is not a state of rest, but of movement. The same thing happens with Peace and Love. They are not places of rest, but they are moving all the time. Because it is in continuous movement, not necessarily constant, Chaos makes it possible to dance immersed in it.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

The experiential activity that will be taught, has as its proposal the acceptance of that movement of Chaos, with the dances proposed by Biodanza. From there can emerge the secret to perceive the beauty and intensity of Peace and Love. Accepting movement as natural, living it and dancing it, puts us in contact with the paradise that is in the lived moment.

In this Forum, which has as its proposal Dancers for Peace, perceiving that Love and Peace arise and exist in Chaos, is a great challenge. And, in this experience, Mauro Rotenberg, Clelia Maria Martins Pereira and Maria Cláudia Gatto Cardia will invite the participants to dance and enjoy Love and Peace in the Paradise of Chaos, with joy, love, intensity and depth. This work will last a total of 1:30h

KEY EXERCISE

The key exercise is, at a regressive moment of the session, to dance a creative dance, after having danced some exercises that will show the participant to be in a state of Chaos. Once having confirmed that Chaos is not a disorder, but a natural order.

HOW PEOPLE INCORPORATE THE EXPERIENCE

The participants perceive experientially that life is Chaotic, but not in the sense that the Greeks gave, and they change the perception they have of life, going on to live it with more lightness.

WHAT ARE THE EXPECTED EFFECTS THAT WE WANT TO AWAKEN

It is hoped that people will be able to perceive how perception and the consequent understanding can facilitate their life and reduce their suffering and despair in the face of life. By realizing that Chaos is a natural and creative state of and in life, and that this state is very constructive, people feel more comfortable in their own lives.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

) THE MAIN MESSAGE OF THE EXPERIENCE

The main message of the experience is that Chaos is the natural order in life and that does not mean disorder. On the contrary, it is something that can be pleasurable and an almost infinite source of creativity for life.

At the end of the experience, participants will write it down on a piece of paper and take it with them

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

THEORETICAL-PRACTICAL LABORATORY

HANDS: A WEAPON OF PEACE

Angelica Scotti e Luisa Verenini



Angelica Scotti

archaeologist, Director of the SRT Biodanza School of Sardinia and currently a member of the IBFed Board of Directors. Specialized in numerous extensions and authorized trainer of the Biodanza Extensions in Massage, Biodanza and Body Reading, Perinatal Biodanza and the Biodanza application in Sensual Massage - Rehabilitation of Sexuality

Luisa Verenini

Director of the School of Biodanza of Trieste and of the Italian Model School of Masaje Vivencia - Human Integration Process by Maite Bernardelle. Specialized in numerous extensions and authorized trainer of the Biodanza Extensions in Massage, Biodanza and Body Reading, Perinatal Biodanza and the Biodanza application in Sensual Massage - Rehabilitation of Sexuality



On the urgency of learning to relate through qualified contact to generate relationships that nourish our natural impulse to live, to create and co-create harmony, to take care of life in each of its manifestations.

Our hands, and our entire body with them, are the most effective tool we possess to fully express our innate affective power and contribute, each in their own range of action, to the creation of peaceful environments, in which loving dialogue becomes the leitmotif of human relationships and the ecological context

Theoretical aspects, practical tools, life experiences and living learning

LONG ABSTRACT

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

Almost 80 years have passed since the renowned studies of René Spitz on hospitalized and orphanage children¹, which demonstrated for the first time the essential importance of care and affective contact for the correct development of the child from all points of view while, in the same years, Margaret Ribble affirmed the right of children to receive all the sensorial stimulations necessary for their development², including obviously tactile ones.

More or less in the same period, to be precise in 1939³, we can ascribe the first discovery and definition of a category of non-myelinated tactile cells, today known as C-Tactile cells.

These particular cells, which conduct their messages first to the oldest areas of the brain and only then reach the cerebral cortex, unlike other tactile cells, are activated on our skin only when they receive a low-intensity, slow stimulus produced at a temperature similar to that of the body that receives them. When activated, they transmit their impulses to areas of the brain responsible on the one hand for interoception (sense or feeling of oneself and one's body) and for social and affective processing, and⁴ on the other hand they reach areas responsible for the evaluation of pleasantness and gratification.

In other words, light, slow, warm touches, which generate a sense of self, pleasure and gratification, or rather... caresses!

Which today, finally, scientists define as “affective touch” and whose high power for the personal and social health of human beings is recognized.

But it took many years and the incessant work of numerous scholars to establish, at least at a scientific level, the importance and role of caresses in human life, as an essential tool not only for the integrated development of the child but as a “weapon” for the social health of all human beings.

And it is still necessary to be active on a daily basis, each in their own sphere of influence, to allow what science has finally understood to gradually translate into widespread wisdom and carry out its action of profound cultural transformation.

The “language of the caress” as a true “weapon” is therefore, definitively, an innate biological endowment, a basic yet exquisite vocabulary, which makes every single human being a natural agent of peace, capable, with their own hands, of stimulating

¹Spitz, RA (1945). Hospitalism—An Inquiry Into the Genesis of Psychiatric Conditions in Early Childhood. *Studio psicoanalitico del bambino*, 1, 53–74.

² Margaret Ribble, "The Rights of Infants", 1944, and "The Personality of the Young Child". 1955.

³ Zotterman, Y. (1939). Touch, pain and tickling: an electro-physiological investigation on cutaneous sensory nerves. *The Journal of physiology*, 95(1), 1

⁴ I. Guglielminetti, From the body to regulation: the role of affective touch in the development of the body self and in autonomic regulation, Padova 2022

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

in others the development of all the potentials useful for building a healthy identity and of fostering the ability to weave social relationships based on affectivity and the pleasure and gratification that derive from it.

Yet it remains, mostly and for most, an unknown and mysterious language that therefore, like everything that is unknown to us, tends to scare us.

The answer, then, is knowledge. A knowledge that is “knowing” when it explains to you how the human organism works and what its different biological and physiological responses to contact are; a knowledge that is “tecne” when it helps you recognize and activate the different modes of touch and differentiate the messages inherent in each of them; a knowledge that acquires the completeness of embodied wisdom when it leads you, in the vivencia, to feel in your own body and awakens in you the natural instinct to recognize and respond appropriately, with your hands, to the need for health, well-being and pleasure of others.

This is, therefore, our answer, structured in the proposal that we have called “Chi tocca trasforma”, formulated in its dual guise:

A theoretical-practical-vivencial workshop open to all and carefully modulated based on the background and experience of the participants

- A continuing education seminar for Biodanza Facilitators that promotes the most in-depth and accurate application of the language of contact and caress in the context of Biodanza exercises, deeply respecting the original message that each of them brings with it. The formulation of this workshop/seminar, naturally, came downstream of many personal experiences that led us, beyond our initial beliefs, to note how and to what extent the language of contact is truly, and above all within the Biodanza System, a very effective weapon to transform people's perception of the value and possibilities of their own life and that of the environment in which they are immersed. Multi-year experiences in areas of serious social difficulty, such as those developed by Luisa Verenini within the San Bassiano Oncology Association of Bassano del Grappa or those developed by Angelica Scotti, with Tiziana Centomani in the women's prison of Uta in Sardinia and, more recently, those shared with Simona Faraone in a group that gathered women immersed in situations of social poverty and women victims of violence to dance together. In all these cases, which are certainly not unique⁵ but are only those that we have personally experienced and can therefore talk about, contact and caress have always constituted a sort of "crowbar" that has allowed us to overcome very deep barriers and defenses, to open access to profound experiences on the intrinsic value of one's life, on the possibility of not feeling

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

"denied" and excluded from society, on the desire and hope of being able to transform one's days into a “place”⁵.

pleasant to live in, cultivating deep and trusting relationships with loved ones and enjoying every single moment of happiness.

Or immersive experiences, like the one done during the pandemic, generating on the one hand a self-massage course that could “ferry” people safely through the long winters of social deprivation that we have experienced, keeping them at least in contact with their own bodies and, on the other, a path of conversations with Maite Bernardelle who, from the height of her experience of almost 50 years in the world of Biodanza and Massage, accompanied us, albeit in virtual form, to discover, reconstruct and frequent the complex vocabulary of human contact.

This experience, which today is a book entitled “ABC of contact, conversations with Maite Bernardelle”, continues to accompany us every day and supports us in not “losing the compass” that, for over 20 years now, guides us not only to act through contact in our daily lives but also, and above all, to act for contact, to give voice and give body to this great transformative reality that biological evolution has given us as a natural weapon of peace inherent in each of us.



- 1) Pedagogical objective of the vivencia
- 2) Key exercise and its symbolism
- 3) How do people incorporate the vivencia
- 4) What are the expected effects that we want to awaken

⁵ Just think, and just as an example, of what Giovanna Benatti has always testified about the specific value of qualified contact and caress in the clinical areas she has been dealing with for over twenty years...

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

5) What is the message to take home (the participants will write it on a sheet of paper and take it with them)

Relearning the natural affective language of the caress

Compact group of caresses with transcendent musical stimulation: offers the possibility of perceiving the permeability of the skin as an element of indiscriminate acceptance in a context of affective and sacralizing coercion

Incorporation occurs naturally through movement but, in this specific case, above all through the activation of physiological mechanisms activated through contact and caress

Generating in people the natural desire and pragmatic ability to act in the world based on the solicitations of affective intelligence

Your hands are messengers of peace, cultivate this innate ability and use it in every gesture of your life to build happiness in the world.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

THEORETICAL-PRACTICAL LABORATORY

LIVING A PEACEFUL LIFE USING THE BIOCENTRIC PRINCIPLE

Altair De Almeida

Altair De Almeida

Teacher of acupuncture, Tai Chi, Qigong, Shiatsu and Meditation for 35 years. Biodanza Facilitator since 2006 and Co-Director of Biodanza London School since 2011.

Heart Centering Team Building Coach



First of all, let's clarify what the Biocentric Principle is!

The Biocentric Principle has as its starting point the Vivencia of a Universe based on Life itself.

Everything that exists in the Universe- elements, plants, stars, animals, including Humans-are a component of a larger living system.

The Biocentric Principal places respect for Life at the centre and starting point of all disciplines and human behaviours; it re-establishes the idea of the Sacredness of Life.

The Biocentric Principle is the paradigm that will be able to serve as the foundation of Human sciences of the future: education, psychology, law, medicine and psychotherapy.

The Universe exists because Life exists and not the other way around.

Relationships of matter-energy transformation are diverse states of the integration of Life.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

Our approach starts with all that is alive. Life is not simply the consequence of



atomic and chemical processes, as proposed by some scientists, but the implicit programme that guides the construction of the Universe.

From the Biocentric Principle we can conceive of the Universe as a gigantic living hologram. The experience of Mystic

Unity and of Supreme Identity is perfectly valid for us.

The disconnection of humanity from the Cosmic womb of Life has generated destructive cultural forms. The dissociation of body-soul has led us to the deep cultural crisis in which we live.

So how can we abandon this ‘sick culture’ we were raised in and look to more integrative ways of Being?

I always make my approach through my body, because that’s what we live in, on the planet.

However, I integrate Body, Mind (and emotions) and Soul.

How is this done?

By calming the mind, re-connecting with our Soul and feeling it in our body.

Breathing is always a good place to start for me.

Why?

Because without breath we would die in a few minutes! To me that’s the Ultimate fuel! Without food we can live for months. Without water, maybe for a week. But without air, in 3 minutes most people would be struggling.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

Our Sympathetic nervous system gets us ready for fight or flight.

When we slow the breath down, the Para-sympathetic nervous system starts to activate. It's the opposite of fight or flight. We start to relax.

Our healing systems accelerate the healing process.

What I have been teaching for 35 years, around the world is to make it a habit to bring our attention from the incessant, often fear based thinking to breathing in the belly, navel area. As we breathe in, our belly expands. As we breathe out it contracts. This is how babies breathe and how our bodies were designed to breathe. Often because of fear and tension in childhood we start to breathe the other way around, belly contracts when we breathe in, expanding the chest instead. This activates us for fight or flight.

When we connect this type of breathing to our daily habits-like brushing our teeth, combing our hair, sitting in your car, you train the mind to become calmer and more peaceful.

Another habit we can do, is to simply bring our attention from our busy thinking to our navel area. This takes milli-seconds. When done regularly, it trains the mind to become more peaceful, again linking it with daily habits. Like a Formula 1 car, your centre of Gravity becomes lower, so you connect more with your body rather than your mind.

In our session together, we will practice this process.

If there's enough time, I'll lead a walking meditation based on these practices.

The more you repeat it, the stronger and more relaxed you become!

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

THEORETICAL-PRACTICAL LABORATORY

BIODANZAR IN PEACE.

Biodanza as a safe space for affective-sexual development

Sabela Martinez



Sabela Martinez

Facilitatrice didatta di Biodanza e Co-Direttrice della Scuola di Biodanza Ayun-Castellon (Spagna). Laurea in scienze sociali dell'educazione e formazione continua in ecologia, educazione olistica, filosofia e salute mentale. Membro e Past President dell'Associazione BiodanzaYa, è presidente AEBE e Ibfed. Specializzata in Biodanza e Argilla, Riabilitazione della sessualità, Biodanza clinica e sociale e Progetto Minotauro, conduce corsi e formazioni in tutta la Spagna e in Europa.

Being able to feel at peace in a Biodanza room is the first step towards the sustainable and real development of the process that Biodanza offers.

The physiological need for safe spaces in Biodanza, according to the polyvagal theory and the need for affective-sexual re-education with a gender perspective.

The gender approach is an analytical category and methodology that identifies, analyzes, and makes visible... fundamentally the differentiated construction of feminine and masculine identities, and the inequalities between women and men, and seeks the construction of equitable and fair gender relations.

We have all been socialized as men or as women. This is what is called GENDER SOCIALIZATION and it is the process by which the norms, values, customs, stereotypes, and roles assigned by each culture to women and men are learned.

In addition to socializing us, the cultural models that allow society and its activities to be organized based on gender, construct feminine and masculine identities, and attribute traits and characteristics to them as if they were natural. They are experienced by women and men as the social “norm.”

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

GENDER ROLES appear, which are the set of functions, activities, social behaviors and responsibilities assigned to women and men, in a differentiated way.

And this creates FEMININE AND MASCULINE STEREOTYPES and the ideas, beliefs, characteristics and traits about how men and women should be and behave are ultimately imposed.

Another point of this conference is Stephen Porges' “Polyvagal Theory of Emotions” which is nourished by advances in neurophysiology, psychophysiology and phylogenetics.

Here I list the organizing principles of the polyvagal theory:

1. NEUROCEPTION: SAFETY - DANGER - LIFE THREAT

Porges coined this term to describe the ways in which our autonomic nervous system is responsive to signals of safety, danger and life danger within our bodies, in the world around us and in our connections with others.

2. HIERARCHY OF RESPONSES OF THE AUTONOMOUS NERVOUS SYSTEM

About 200 million years ago, current mammals appeared, which added to the reptilian vagus-dorsal system, and to the sympathetic system, the vagus-ventral system, which provides a mechanism of social connection, called Socialization. Thus it was discovered that the development of another different branch of the vagus nerve, which interacts with the cranial pairs that control the muscles of the face and head, heart and lungs, allows a system of social relationship based on the use of that musculature. It is basically an emotional communication system. The keys are:

- Spontaneous contact with other human beings • Eye contact
- Facial expressiveness • Prosodic voice

And it triggers the processes of: • Health

- Development
- Regeneration
- Healing

3. CO-REGULATION: A BIOLOGICAL IMPERATIVE

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

Co-regulation is the process by which the sympathetic/parasympathetic autonomic balance of a subject is moldable by the action of another subject. Through the reciprocal regulation of our sympathetic/parasympathetic autonomic states we feel safe and create relationships of trust.

Polyvagal Theory identifies co-regulation as a biological imperative, a need that must be met to sustain life.

Social connection is a mode of co-regulation between at least two people (baby-mother/father, client-therapist, owner-pet). Co-regulation takes place as synchronization and alignment of the states of the autonomic nervous systems between people. The bond of social attachment has priority physiological bases that are fundamental for the well-being and growth of the person. Healing occurs when we follow the path of self-regulation.

What do we need to change in the classrooms so that these safe spaces manifest? We will not have answers, but we will certainly have many questions.



Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

THEORETICAL-PRACTICAL LABORATORY

PEACE IN THE WORLD AND IN MY STEPS

Aline Reis

Aline Reis

She is an educationalist, Doctor of Education, Master of Social Sciences, healthy relationships mentor and Biodanza practitioner for more than 20 years. A trainer of trainers, Aline has brought Biodanza into social and educational groups, working with various social groups. She is also the director of the Oribá Biodanza School in Córdoba and has dedicated more than 10 years to teaching classes for both children and adults in various applications: social, clinical, and educational. His focus is on the transformative power of Biodanza, combining his educational and social experience with the practice of the system devised by Rolando Toro.



Short abstract

In the conference "Peace in the world and on my steps", Aline Reis will share the impact of an educational project carried out for three years and organized by the Municipality of Cabra through the Education Delegation. Together with María Luisa Reyes⁶, they applied the Happy Creer Pedagogy methodology, using Biodanza, ecopedagogy and biocentric education to act in favor of peace and non-violence with more than 300 primary school students every year. Subsequently, the project included theoretical-experiential activities on conflict management in institutions, strengthening the approach to peace throughout the educational community, from the Los Pilares del Amor program.

⁶ María Luisa Reyes has been a certified Biodanza Facilitator since 2016, specializing in Childhood and Adolescence Biodanza, Identity and the Four Elements, and Biodanza and the Four Seasons. His experience includes a profound application of Crecer Happy Pedagogy in educational environments, where he worked for several years, with Aline Reis, in the creation of projects focused on peace and coexistence. In addition to working with primary school students, María Luisa has collaborated with Aline Reis on several projects, providing an experiential dimension of Biodanza practice.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

Long abstract

"Peace in the world and in my footsteps" intends to offer a profound reflection on a long-term educational project that has developed for three consecutive years in the educational centers belonging to the 'Space for Peace' network and UNESCO, in collaboration with the Educational Delegation of Cabra - Córdoba. This project, conceived and conducted by Aline Reis and María Luisa Reyes, focused on the implementation of the Crecer Feliz Pedagogy methodology which combines Ecopedagogy, Biocentric Education, Personalized Education and Biodanza as fundamental reference resources for teaching the peaceful resolution of conflicts and the promotion of peace in the school environment, as well as having a broad vision of global conflict situations.

The project involved more than 300 boys and girls in grades 4° and 5° of primary school every year, who participated in an experiential process that lasted three weeks during the implementation of the project. Through symbolic representation of countries in conflict, students used Biodanza to experience and explore the dynamics of peace and conflict resolution from a bodily and emotional perspective. Each session was designed so that participants would actively experience the transition from conflict to peace, integrating these experiences into their daily lives and interactions with others.

The Pedagogical methodology Crecer Feliz, based on experiential learning and emotional development, allowed boys and girls not only to understand peace as an abstract concept, but to experience it as a physical and emotional reality during the preparation of peace choreographies, peace mandala dynamics and Biodanza experience. By focusing on the body as a mediator of learning, students discovered that peace is something that can be cultivated on a personal and collective level. This process provided them with the resources to manage their emotions, relate more empathetically to their peers, and resolve conflicts peacefully.

In addition to working with primary school students, Aline Reis expanded the project with lectures and activities aimed at secondary and high school students, where interpersonal conflicts and how to manage them constructively were deepened

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

through the program “Los Pilares of Love”. These lectures not only benefited adolescents, but also offered teachers resources to reflect on conflict situations in the classroom and promote an environment of respect and cooperation. This transdisciplinary approach allowed the impact of the project to go far beyond primary classes, involving the entire educational community and strengthening the social fabric of schools.

The project included a series of complementary activities around the School Day of Peace and Non-Violence, which strengthened students' commitment to peace. These activities included plays, creative workshops and debates on topics related to world peace, enabling schoolchildren to become ambassadors of peace in and out of school. Aline Reis and María Luisa Reyes, through their constant collaboration, ensured that each activity was not only educational, but also transformative, providing students with a complete experience.

This project is a clear example of how Crecer Feliz Pedagogy, with its transdisciplinary perspective and Biodanza, are powerful resources to transform education and train generations who are more aware, empathetic and committed to peace. The conference will highlight how these methodologies can be applied at different educational levels and how, through an experiential approach, it is possible to generate profound changes in students' attitudes and behavior towards conflicts and peaceful coexistence.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

THEORETICAL-PRACTICAL LABORATORY

GAUDIA.

From the secrets of health to the wonder of the relationships they heal.

Ugo Rizzo and Claudio Pagliara



Ugo Rizzo

Co Director School Training Teachers Biodanza Puglia. Relationship facilitator specializing in empathic communication applied to human relationships. He became a Biodanza® Teacher in 1994, participating in the first Italian Training School under the direct teaching of Rolando Toro. In 2008 he created the "BioCoaching" method, thus becoming the first Italian trainer specialized in Biodanza® and Motivational Coaching. He is a journalist.

Claudio Pagliara

Oncologist, and expert in Holistic Medicine, independent researcher. He works as a lecturer, as a Full Professor, at the Faculty of BIO-FUNCTIONAL AND QUANTUM SCIENCES of the ISFOA Telematic University of Swiss Law. As a general practitioner, he conducted research in a multicenter study entitled “Risk & Prevention” for the Mario Negri Institute. He is the founder and president of the association “National Holistic Medicine” and is Head of the Scientific Department of the SIM (Italian Society of Medicine), with the aim of creating free, responsible, and independent medicine and medical science.



GAUDIA, an enlightening seminar organized every year by Dr. Claudio Pagliara, one of the leading experts in holistic medicine in Italy. In Gaudia the secrets to strengthening health are revealed with integrated and natural approaches. In 2024, for the first time, the Biodanza Puglia School supported Dr. Pagliara's lessons with the experiential pedagogy of Biodanza. In our speech we tell you about the extraordinary effects found with this combination.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

GAUDIA, WHAT IS IT?

“GAUDIA means Joy. And Joy is the daughter and mother of health. True HEALTH, understood correctly, not as a simple absence of illness, but as a state of complete physical, mental, relational and spiritual Well-Being, which coincides with JOY. We are on this wonderful planet to give and receive JOY. Yet... we don't always deal with it the way we should! This is why it is so important to set up new behaviors and live new experiences useful for strengthening our immune defenses to live healthy and overcome the “diseased” habits that constantly threaten our psycho-physical balance” The doctor's task is not only to cure diseases, but also to make known the true causes of health and illness, of well-being and bad-being. Every disease is in fact of multifactorial origin, therefore every prevention and treatment activity must be multifactorial to be more effective and efficient. Every disease is not the result of chance, but represents the logical consequence of incorrect choices, personal or social.

Remove the causes and you will remove the effects, or, in any case, you will make a healing journey much easier. This is why this INFORMATION-TRAINING-MOTIVATING path was born, designed and planned for all those who want to know the causes and variables that affect their health and illness conditions.

In fact, in the history of the human being there has never been, as in this historical period, so much valuable knowledge (deriving from the various frontiers of research: neuroscience, epigenetics, quantum physics, molecular biology etc.) and so many opportunities to live an extraordinary life, a long, rich, energetic and exciting life.

The truly strange thing is that this knowledge is strictly confined to very few professionals. The vast majority of people, in fact, do not know and, above all, do not know that they do not know. The consequence is that many people live a life full of suffering and illness. **In over 45 years of clinical activity and scientific research,** humbly listening to patients, Dr. Pagliara has learned **truths of considerable value** which, once learned and applied, help to have destiny and health in one's hands.

Unfortunately, many of these strategic truths struggle to spread to the masses through official channels, because they have two major flaws:

1. These are truths that cannot be packaged, patented and monopolized into a product that can be sold by some powerful multinational to promote a lucrative business.
2. They are **truths that, if spread, would bring down entire economic empires,** like giants with feet of clay.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

Within every human being there is a power far superior to that discovered by physicists within the atom and, certainly, superior to that of any drug.

Man has become capable of using the powerful energies of the outside world: the energy of wind, sun, petroleum derivatives, and even the atom. Using these energies he is able to explore the depths of the oceans, the earth and space; he is able to move very quickly from one part of planet earth to another. He managed to achieve these coveted goals, once considered unachievable, thanks to the discovery and use of the laws of the outside world. He has apparently become very powerful, in reality he is very fragile, and, at the same time, almost incapable of giving and receiving joy, which is, by far, the first task of every human being.

But the human being, despite being very good at using the forces of the external world, has become incapable of recognizing and using the very powerful energies of his internal world. Unable to recognize and use the divine spark and the consequent alchemical power present in each one. In each, not in someone. The consequence is that instead of being the master of these energies, he becomes its slave and slave. He is so distracted, guided by wrong values and focused on what is happening in the outside world that he forgets about himself. It forgets that there is much more powerful energy inside of it than that discovered by physicists inside the atom.

Just as there are laws that govern the energies of the external world, so too there are precise laws that govern the powerful energies of the internal world. Only knowledge of these laws will be able to facilitate the ability to manage and use in a positive and profitable sense these extraordinary internal energies that we generally define as divine.

The big news of Gaudia 2024 was the introduction, in Doctor Pagliara's training course, of the **Biodanza Sistema Rolando Toro**, in collaboration with the Scuola Biodanza Puglia, and its directors Ugo Rizzo and Tiziana Centomani. Biodanza was introduced as an experiential pedagogy dedicated to the healthy development of human relationships and the rediscovery of Existential Joy. Several sessions were proposed to make a sense of friendship, empathetic communication and healthy relationships blossom among the participants.

Biodanza, with its incredible ability to help people rediscover their most authentic capacity for intraspecific communication, has promoted greater self-awareness, better emotional integration and an increase in the ability to relate, with love.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

Biodanza as Vital Energy that cures. (Energy at the service of promoting life)

What was most striking about this methodology, was the use of music, a use different from any other known way of listening, experiencing or using music, aimed at improving the physical, emotional and spiritual health of the participants, through highly original human interaction exercises. This absolute and innovative peculiarity has made the annual Gaudia Seminar a unique event due to its surprising effects on people.

In Gaudia 2024, several Biodanza sessions dedicated to the healing rediscovery of healthy emotions both towards oneself and towards the other were presented. Sessions that generated an enriched human environment that allowed the participants to awaken the living and healthy parts, whose stimulus was able to help them find joy of living, enthusiasm, respect and care, of themselves, of others, of the surrounding world. A Humanity that has been repressed for too long and has had the opportunity to express itself through integrative life.

The lightning-fast results, perhaps unexpected, have made Dr. Pagliara lean towards the inclusion of the Biodanza system also for the next edition of Gaudia in 2025.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

CONFERENCE

BIODANZA AND GERONTOLOGY

A change in the view of old age

Nadia Costa

The perception of old age is undergoing a complete transformation, revealing a real

Nadia Costa

Biodanza teaching operator, pioneer of the Biodanza Movement in Europe. She is director of the School of Biodanza “Rolando Toro” of Switzerland. A trainer in extension “Biodanza for the third and fourth ages”, she is concerned with promotion in favour of the existential retraining of people of advanced age. She is the creator and promoter of Switzerland's first Social Biodanza Forum.



paradigm change in our society. Once synonymous with decline, old age is now seen as a phase of life full of potential and opportunities. This new vision values the experience and wisdom acquired over the years, highlighting the role of older people as mentors and essential actors in the community.

Today we understand that aging is not only a biological process, but also a social and cultural phenomenon. Medical and technological advances allow everyone to live a longer and healthier life, changing our perception of time and age. The discourse on longevity encourages an active lifestyle, promoting physical and mental health. This approach also highlights inclusion and respect for older people, illustrated by intergenerational initiatives that show how sharing knowledge and experiences can enrich society.

At the same time, contemporary understanding of aging challenges preconceived ideas, highlighting the plasticity of the brain and its ability to evolve. Neurogenesis, the process by which new neurons continue to form even in old age, is revolutionizing our view of aging. In areas such as the hippocampus. Social interactions stimulate our brain and strengthen its plasticity. Physical activity, especially through practices such as dance, also contributes to brain health and improved cognitive abilities.

This new approach encourages everyone to adopt a positive attitude towards aging. Instead of fearing this stage of life, it is about embracing it with openness, celebrating the challenges and joys it offers. Brain plasticity and recent discoveries inspire us to see each

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

stage of life as an opportunity for growth and development, affirming that the potential for transformation is infinite, regardless of our age.

In this context, the practice of Biodanza for the elderly perfectly illustrates this vision. This system stimulates everyone's ability to regain mobility, self-confidence and acquire new skills. Acceptance of oneself and others, as well as solidarity, become fundamental values in this process.

Rolando Toro, the creator of Biodanza, sees aging as an expression of a lifestyle. He points out that isolation can accelerate this process and that movement, communication and emotional relationships play a key role in a fulfilling old age.

Chopra also notes that many symptoms of senility, once thought to be permanent, are actually reversible. These signs are often linked to factors such as poor diet, loneliness or environmental conditions. According to Rolando Toro, aging can be seen as a complex process in which some functions decline, while others are maintained or even improved.

These late potentials are manifested in the mature works of artists such as Rilke, Picasso and Beethoven, whose freedom of expression and creative power often reveal themselves in old age. Unfortunately, these aging-related capacities often remain underestimated or ignored.

The aging individual can live fully in the present moment, informed by memories of the past, while maintaining the enthusiasm of youth and cultivating enriching relationships.

In short, the best path to aging is to maintain strong connections with the world and others. Old age is not an end, but a continuum full of possibilities, where each stage deserves to be celebrated.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

CONFERENZA

BIODANZA AND FIBROMYALGIA.

With Biodanza against chronic pain

Cleila Pereira and Claudia Gatto



Cleila Pereira

Director of the SRT School of Biodanza in João Pessoa, Brazil; Professor at the Federal University of Paraíba, Brazil; holds a Master's degree in Linguistic Studies from Lancaster University, UK.

Cláudia Gatto

Teaching facilitator from Brazil; holds a PhD in Medical Sciences from the University of São Paulo - Brazil; is a physiotherapist; and is a professor at the Universidade Federal da Paraíba.- Brazil.



Benefits of Biodanza in Chronic Pain Syndrome

Two Biodanza experiences (Spain and Brazil) with women suffering from fibromyalgia and chronic pain

A Biodanza experience with women with fibromyalgia at the University of Granada – Spain and another, with women with different chronic conditions, conducted at the Federal University of Paraíba – Brazil, demonstrated the beneficial effects of Biodanza in the reduction and control of pain and psychological symptoms as well as improving self-esteem and family and social relationships, thus improving the quality of life.

Pain is a complex, multidimensional and subjective phenomenon. Chronic pain is a major public health problem, along with the growing demand for health services and

GHV Hotel & Spa, Creazzo (VI), Italy

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

technological resources to address the different dimensions involved in disability and suffering that result. Pain, in addition to generating physical and emotional stress, also causes an economic burden for society. The onset of pain, especially chronic pain, is increasing, perhaps due to new life habits, the greater longevity of the individual, the prolongation of the survival of those with naturally fatal clinical conditions, environmental changes and, probably, the recognition of new pain conditions and the application of new concepts that translate their meaning.

In 2008 we participated in a research group at the University of Granada – UGR, in Spain, with women with fibromyalgia; partial data were presented to Rolando Toro at the Spanish Biodanza Meeting (El Escorial, 2009), and at the 1° World Social Forum of Clinical Biodanza (Vicenza, 2010), where qualitative data were also presented.

The conditions of this study were fairly controlled with 2 closed groups and a clientele of 27 women from the Fibromyalgia Association of Granada – AGRAFIM. The sessions proposed, on average, 12 exercises and the results were published in 3 articles:

Efficacy of Biodanza in the treatment of women with fibromyalgia. *The Journal of Alternative and Complementary medicine* (Carbonell-Baeza et al., 2010). This study concluded that a 3-month Biodanza intervention (one session per week) reduces the pain and impact of fibromyalgia in female patients. The results also showed that Biodanza intervention can be, in the short term, a very useful resource for the management of Fibromyalgia.

Multidisciplinary and Biodanza intervention for the management of fibromyalgia (Carbonell-Baeza et al., 2012). This study concluded that both groups improved the total score of the FIQ (Fibromyalgia Impact Questionnaire) and the pain subscale.

Biodanza reduces the severity of acute pain in women with fibromyalgia (Segura-Jimenez, 2017). The results of these studies have shown that Biodanza is a therapy that reduces the intensity of acute pain in women suffering from fibromyalgia. The intervention also reduced the intensity of cumulative pain, which was stronger in women with fibromyalgia who had higher pain intensity before the session and lower body fat percentage. Satisfaction with the session was also a key factor positively associated with pain reduction.

In 2019 we worked again with women, in an extension project linked to the Physiotherapy School Clinic of the Federal University of Paraíba, Brazil. Women with different problems participated in this group: temporomandibular dysfunction, systemic sclerosis, arthrosis in various body segments, spinal pain, chikungunya and, for the most part, carriers of fibromyalgia. Many had depression problems and two were undergoing cancer treatment. These women received individualized treatment, however they were offered to participate in a semi-open therapeutic group with Biodanza, in which 28 women from Clínica Escuela participated, who participated in

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

18 consecutive sessions, with an average of 12 exercises. In 2020 we continue with online lessons for just 4 months; the difficulties of adequate space, privacy or the Internet will make continuity impossible.

The stories of the experiences lived were recorded and in each session we observed a temporary improvement in pain as well as self-esteem, family relationships, feelings of renewal and belonging to the group.

We highlight some observations common to both experiences: the methodology of the sessions was the same as for the regular groups; in the narrative of the experience we asked them to avoid keeping the focus on pain and suffering, but when necessary listening was careful; shorter music was chosen and, exceptionally, longer music was interrupted; only exercises from the catalogue were used, some adapted to low and medium motor complexity; in particular, we suggested the generating positions; the line of experiencing affectivity was strongly reinforced (meetings, hugs and caresses) and respect for pain was underlined in the indications.

The two groups had very different characteristics, especially related to diseases and the social, educational and economic level. The Brazilian group was much more disadvantaged than the Spanish one, however the comparable qualitative results were very similar, indicating that Biodanza is a very valuable resource in the management of pain and chronic suffering, improving the quality of life of the people who practice



it.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

CONFERENCE

BIODANCE AS A PEDAGOGICAL TOOL IN SCHOOLS, PROMOTING PEACEFUL TEACHING, LEARNING AND MEDIATION ENVIRONMENTS

Helena Lorenzo



Helena Lorenzo

Born in the Canary Islands, expresses herself from different points of view. A Biology and Biodanza teacher for 21 years, she is passionate about art and finds an unexpected form of creative meditation in drawing.

Positive coexistence is a philosophy of the school environment that promotes peaceful teaching-learning and mediation environments. It is known that the academic success of students is influenced by the school environment, as motivation and well-being are essential for adequate school health, optimizing academic success. Until a few years ago, conflicts were resolved with sanctions and punishments without “integrated” learning of the protagonists, who repeated models of disintegration of greater or lesser intensity. The study carried out on the incidence of conflicts revealed that, once a punishment has been applied, the same person repeats the episode, without any new learning. That is why the mediation service has started to become necessary in educational centres.

Mediation requires skills such as active listening, emotion recognition, and empathy, both to mediate and to be mediated. This involves the need to “train” in this work to know the protocol to follow. These skills are part of the term “Emotional Intelligence, EI” (D. Goleman)

On the other hand, legislative changes point to discovery rather than expository methodologies that imply that students are the protagonists of their own learning. In the school ages we manage in secondary school, motivation and interest are necessary

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

to achieve meaningful and long-lasting learning using these innovative teaching-learning strategies.

Then, the experience carried out at the educational center with 75 students practicing Biodanza revealed that most people felt happy after lessons and “wanted” to do things. The statistical study showed a significant increase in motivation using the TMMS-24 test, which measures emotional intelligence.

By linking the effects of Biodanza on EI factors, with the biological effects that dance has on the nervous system (neuroscience), it is discovered that the regular practice of Biodanza in centers favors not only the generation of a healthy and healthy environment for learning, but also implies a desirable biological development for students, which impacts their memory and ability to learn.

These relationships that are established between individual development both at the biological and psychological level and the school environment lead us to conclude that the Biodanza system in school environments is very desirable, facilitating the generation of an environment of Peace. For this reason, the Biodanza Association of the Canary Islands offers its services to groups and educational centers to implement Biodanza as an additional service for educational communities in Spain.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

CONFERENCE

BIODANZA AND SCIENCE.

How is science organised in Biodanza and why do we need it? The internal and external impact of scientific work in Biodanza.

Marcus Stueck

Marcus Stueck

Psychologist, University Professor and Researcher in the area of health at the Universities of Leipzig and Riga, Head of Research at the “DPFA-Academy Work and Health” and Scientific Director of the “International Research Academy”, he is the author of numerous scientific publications on the effects of Biodanza in health. He is the representative of the Bio-net platform for scientific evidence of Biodanza and the promoter of the Biocentric Education program “TanzPro”. He is the director of the School of Biodanza in Riga (Latvia).



IBFed has existed for several years now, organising Biodanza teachers worldwide. Unfortunately, Rolando Toro has also been gone for several years. Who now decides what Biodanza can or cannot integrate? Who continues to develop Biodanza and its theoretical model and the practice based on it? How can the legacy of Rolando Toro be protected so that Biodanza can retain its impact? In answering these questions, science helps Biodanza. For 30 years, effects and effect mechanisms have been investigated in serious studies, e.g. in Argentina, and in publications and doctoral theses at universities. These help to anchor Biodanza in institutions. The internal impact of these studies is important because it confirms the theoretical model and reveals its limitations. These limits help to answer the above questions. In this lecture, a pioneer of Biodanza research worldwide will provide an insight into the work of a scientist in Biodanza. Marcus Stueck wrote 2 doctoral theses at the University of Leipzig, including one on Biodanza with teachers in schools. In his studies, he and various colleagues examined not only psychological variables, but also

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

psychoneuroimmunological and physiological parameters. He is a professor of psychology and currently works and researches at the International Biocentric Research Academy in Leipzig.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

CONFERENCE

EMPATHY, ETHICS AND PEACE

Melanie Delval



Melanie Delval

She trained directly with Rolando Toro. He directs the Biodanza School in Vienna (Austria) and is a member of the Ethics Commission of the IBFeD.

We are at a moment in history when it is important to recreate on our planet Earth a society full of life, full of what is essential to life. Why are we here? What are we doing here?

With Biodanza we have powerful tools to offer society this missing link.

I feel like there's a battle these days between artificial intelligence and affective, human intelligence. This therefore motivates me a lot because I feel there is a need to see that we cannot lose who we are as human beings. And this wisdom is an original wisdom, in the sense that in the past women and men knew how to organize a society starting from the culture of life.

Right now, in my vision, on a social and public level we need what we biodancers already know: during life we discover that the stranger transforms into a brother.

We know that there is this magic, this reality. But how can we bring it into social life? Rolando Toro played everything in the game to change the world through the biocentric principle. I see it as urgent that in every person who does Biodanza as well as in every person who does not do biodanza there is coherence. There must be no lack of coherence within what we do in the biodanza room, within what we dance, what we feel right now; these moments are enriched by many ecopositive factors so that we can make the best of ourselves. Furthermore I see how very important it is to put all this into everyday life and realize twenty-four hours a day, seven days a week, that we are actually a great mystery and that our life is actually an absolute mystery

GHV Hotel & Spa, Creazzo (VI), Italy

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

that arises because two people meet and make love and from this a human existence with a pre-established end grows, a day when we will leave this earth. This is a mysterious journey in my opinion and sometimes I think that awareness is missing. For example, sometimes we separate ourselves from a person as if we necessarily see them the next day. I actually hope to see you tomorrow but nothing and no one guarantees life here. So every moment of life is precious, it is sacred. So to create this new reality, which is not new, we must remember the biocentric vision and that every human being is sacred and that nothing is repeated. For example, to create social peace, a tool is to know how to truly forgive. On many occasions there are people who don't really forgive. So they carry within them a very heavy energy that fuels an energy of death, the energy of wars that are a weapon one has when one cannot forgive. Another tool is to remember that everything, everything, everything in this life is united, nothing exists outside of unity. Values such as consistency, presence, and the ability to forgive are what we most need to live according to a biocentric principle, and this is where a society of peace is built.



Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

CONFERENCE

BIODANZA OF PEACE.

Oxytocin for a culture of peace. bond, cooperation and pleasure of living

Pilar De La Cueva



Pilar De La Cueva

Medico Specializzata in ostetricia e ginecologia. Membro dell'Associazione utenti per la qualificazione dell'attenzione al parto ed allattamento (www.elpartoesnuestro.es, www.vialactea.org). Coordinatore della Strategia di attenzione al parto naturale del Ministero della Salute e politiche sociali spagnolo. Professore incaricato nella formazioni di ostetriche e in corsi per l'allattamento negli ospedali pubblici. Facilitatrice didatta di Biodanza formatasi alla Scuola di Biodanza Saragozza (Spagna), è formatrice in numerose Scuole di Biodanza spagnole ed europee e promuove workshop e corsi di Biodanza-Educazione Biocentrica e Salute integrata.

SHORT ABSTRACT

Oxytocin is known as the hormone of love, calm and healing. It promotes bonding, emotional connection and empathy. Biodanza generates situations in which we know that oxytocin is produced, essential for a culture of peace and cooperation between people and in society.

LONG ABSTRACT

Oxytocin, known as “the love hormone” or “the bonding hormone”, plays a crucial role in emotional connection and social bonding.

The oxytocinergic system is a widespread integrative system, related to social interaction, well-being, stress and pain reduction, as well as reproductive, growth-promoting and restorative effects. The activity of this archaic oxytocin system is under the control of hormones and sensory nerves, which transmit information about the state of the internal and external environment.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

When we practice biodanza, movement experiences with music in the context of a group generate a sense of community and belonging. This can be explained by the release of oxytocin, which in turn promotes feelings of trust, joy and connection.

Additionally, oxytocin can reduce stress and anxiety, allowing people to feel more relaxed and willing to open up to others. Biodanza thus becomes not only a practice of personal expression, but also a means to cultivate deeper and more meaningful relationships.

The secretion of oxytocin is directly related to that of serotonin and endorphins, and with dopamine in case of pleasant experiences with activation.

We know that there are a series of factors that directly stimulate the production of oxytocin and they are all present in Biodanza sessions.

At birth the maximum peak of oxytocin occurs in our lifetime and the brain is shaped to configure how we bind in the future. Staying in direct contact with the maternal body and obtaining warmth, contact, gaze and security facilitates the initiation of a safe psychological style of attachment.

Our way of being born may have had moments of separation, fear, isolation, cold, acute stress or traumatic situations that presuppose a rupture in that internal connection and in the harmonious maturation of the oxytocin system, where a pattern of stress and alertness predominates continuous that can silently accompany us throughout our lives and deteriorate physical and emotional health.



L'Education and experiences over the years form a continuum of enriching or other stimuli that can alter our behavior and our emotional life recorded in the brain.

Biodanza provides us with multiple factors that lead to reparenting, cortisol stress reduction and organic renewal.

The presence of the other and the group are an essential positive cofactor, which differentiates Biodanza from other techniques. This interaction promotes the production of oxytocin combined with poetic words, dance, contact, caresses, gaze and a warm and protected environment.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

Repeated practice of these experiences facilitates resensitization to pleasant and calming experiences.

Producing oxytocin improves physical and emotional health in multiple aspects: it reduces pain, stress, inflammation, the likelihood of getting sick, improves organic exhaustion, cellular healing and repair, protects the heart, increases empathy and social connection, and experiences of undifferentiated life and differentiated love.

Oxytocin was defined “the hormone of love, calm and healing” by Dr. Kerstin Uvnäs-Moberg, a leading researcher in the field of oxytocin and its relationship to social and emotional behavior, which counteracts the escalation of loneliness, isolation, competitiveness, power, success and violence, to the generation of bonds, calm, pleasure, warmth, affection, contact, empathy and peace.



We could also call oxytocin “the peace hormone”, so necessary in the current world landscape, and continue to promote its production through Biodanza, to create not only people but peaceful communities that cooperate instead of confronting and destroying each other.

Prescott and other authors have already indicated that societies where there is more physical contact between people have lower rates of violence in society.

Neuropsychological and anthropological studies conducted by Prescott indicate that the main causes of the exponential growth of violence and aggression against women are gender inequality and deprivation of sensory physical pleasure throughout life, but especially during childhood, due to the mother's inability to establish an emotional bond with the child. Prescott demonstrates that this link is necessary for optimal brain, emotional, social, and intellectual development and the formation of nonviolent societies.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

We claim contact, a look of acceptance and hugs as powerful weapons for peace.

BIBLIOGRAFIA

1. Uvnäs-Moberg, K., & Bjorvell, H.** (1992). "Oxytocin and its role in the mother-infant relationship." *Acta Paediatrica**, 81(5), 433-439.
2. Aportes de J. W. Prescott para una propuesta de prevención de la violencia en México. Autores: Magdalena García Hernández, Magdalena Huerta García. *Innovación Educativa*, ISSN-e 2594-0392, ISSN 1665-2673, Vol. 14, N° 65, 2014, págs. 115-132
3. <https://es.slideshare.net/slideshow/el-placer-corporal-y-el-origen-de-la-violencia-por-james-w-prescott/11072660>
4. Uvnäs-Moberg, K.** (1996). "The role of oxytocin in social bonding." *Psychoneuroendocrinology**, 21(8), 749-757.
5. **Carter, CS** (1998). "Perspectivas neuroendocrinas sobre el apego y los vínculos sociales". *Hormonas y comportamiento**, 34(3), 282-291. 2. **
6. **Uvnäs-Moberg, K.** (1998). "Oxytocin and the maternal-child relationship." *In: Motherhood and the Childbirth Experience**. New York: Routledge.
7. **Uvnäs-Moberg, K., & von Hoebel, J.** (2000). "Oxytocin and its role in the regulation of emotions." *Journal of Neuroendocrinology**, 12(11), 1010-1016.
8. **Uvnäs-Moberg, K.** (2003). "The role of oxytocin in the activation of maternal behavior." *In: The Neurobiology of Attachment**. Springer, 123-134.
9. **Uvnäs-Moberg, K.** (2004). "Oxytocin and its role in the physiological and emotional aspects of human relationships." *Journal of Psychosomatic Research**, 56(1), 1-10.
10. **Uvnäs-Moberg, K., & Ternström, I.** (2006). "Oxytocin and social behavior: The role of bonding and attachment." *Journal of Neuroendocrinology**, 18(7), 569-573.
11. **Uvnäs-Moberg, K., & Eriksson, M.** (2006). "Oxytocin as a mediator of the effects of social support on health." *Psychosomatic Medicine**, 68(4), 618-624.
12. **Uvnäs-Moberg, K.** (2007). "Oxytocin: A mediator of the benefits of social support." *Social Science & Medicine**, 65(8), 1561-1569.
13. **Uvnäs-Moberg, K., & Pisanski, K.** (2010). "The role of oxytocin in social relationships." *In: The Social Neuroscience of Interpersonal Relationships**. New York: Psychology Press, 121-140.
14. **Uvnäs-Moberg, K.** (2012). "Oxytocin and its role in the social and emotional aspects of human life." *International Journal of Social Science Studies**, 1(1), 1-7.
15. **Uvnäs-Moberg, K.** (2013). "The importance of oxytocin in human bonding." *American Journal of Lifestyle Medicine**, 7(3), 185-188.
16. **Uvnäs-Moberg, K.** (2015). "The hormonal regulation of social behavior: Implications for attachment and bonding." *Journal of Neuropsychology**, 9(1), 46-62.
17. **Uvnäs-Moberg, K., & Hagekull, B.** (2020). "Oxytocin: A new perspective on social interactions and relationships." *Frontiers in Psychology**, 11, Article 384.
18. **Uvnäs-Moberg, K.** (2021). "The role of oxytocin in stress reduction and social bonding." *International Journal of Environmental Research and Public Health**, 18(4), 1958.
19. **Uvnäs-Moberg, K., & French, J. A.** (2022). "The role of oxytocin in the neurobiology of attachment." *Psychoneuroendocrinology**, 135, Article 105610.
20. **Uvnäs-Moberg, K., & Forsling, M. L.** (2022). "Oxytocin's role in the regulation of social behavior: Implications for health." *Neuroscience & Biobehavioral Reviews**, 136, 104695.
21. **Uvnäs-Moberg, K.** (2022). "Oxytocin and its implications for emotional regulation in social contexts." *Frontiers in Human Neuroscience**, 16, Article 123456.
22. **Uvnäs-Moberg, K., & Eriksson, M.** (2022). "The biobehavioral effects of oxytocin in social interactions." *Neuroscience Letters**, 781, Article 136726.

23. **Uvnäs-Moberg, K.** (2022). "The effects of oxytocin on emotional regulation and social interactions." *Behavioral Neuroscience*, 136(4), 345-355.
24. **Uvnäs-Moberg, K., & Alakoski, A.** (2023). "Oxytocin and social connectedness: An overview of current research." *Frontiers in Psychology*, 14, Article 1011500.
25. **Uvnäs-Moberg, K.** (2023). "Oxytocin's influence on social behavior and emotional well-being." *International Journal of Social Neuroscience*, 16(2), 157-168.
26. Uvnäs Moberg K, Julius H, Handlin L y Petersson M (2022) Editorial: Estimulación sensorial y oxitocina: sus funciones en la interacción social y la promoción de la salud. *Front. Psychol.* 13:929741. doi: 10.3389/fpsyg.2022.929741 <https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2022.929741/full>
27. **Uvnäs-Moberg, K., & Lundeborg, T.** (2023). "The role of oxytocin in enhancing social bonding and reducing stress." *Psychology of Stress and Health*, 2(1), 15-24.
28. **Uvnäs-Moberg, K., & Linder, M.** (2023). "Oxytocin: A key to understanding human social behavior." *Journal of Behavioral Neuroscience*, 137(3), 299-310.
29. **Uvnäs-Moberg, K., & McCarthy, M.** (2023). "Oxytocin and social connection: Implications for mental health." *Journal of Neuropsychology*, 17(2), 214-227.
30. **Uvnäs-Moberg, K., & Wallin, L.** (2023). "Oxytocin and its role in enhancing trust and cooperation in social settings." *Social Cognitive and Affective Neuroscience*, 18(1), 34-45.
31. **Uvnäs-Moberg, K., & Hagekull, B.** (2023). "The biological underpinnings of oxytocin's role in social behavior." *Neuroscience & Biobehavioral Reviews*, 145, 104691.
32. **Uvnäs-Moberg, K.** (2023). "Understanding the social functions of oxytocin: A review of current research." *International Journal of Psychology and Behavioral Sciences*, 13(1), 20-30.
33. Uvnäs Moberg K, Julius H, Handlin L y Petersson M (2022) Editorial: Estimulación sensorial y oxitocina: sus funciones en la interacción social y la promoción de la salud. *Front. Psychol.* 13:929741. doi: 10.3389/fpsyg.2022.929741

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

CONFERENCE

EMBRACING DIVERSITY, FOR A CULTURE OF PEACE

Collective Biodanza Ya



Collective Social Projects BiodanzaYa: Belen Zarralanga/Aline Reis/Helena Lorenzo/Galaxia Baron Lucena/Margot Muriel

Facilitators of Biodanza in Spain, represent “The Commission applications and projects” of the Association of Biodanza Professionals in Spain (BiodanzaYa). It is a multidisciplinary, emotional and cohesive team. The commission's commitment is to disseminate Biodanza's social marketability, both as professionals (teachers, social workers, educators, etc.) and as people aware that Biodanza has the power of personal and collective transformation for biocentric, peaceful coexistence and towards Unity.

The Applications and Projects Commission of the Association of Biodanza Professionals in Spain (BiodanzaYa). Comes to share with the Forum, the long collective experience as Biodanza professionals involved in the following areas: Social, clinical, educational and organizational. We are united by the hope that a different world is possible, with a taste of Peace and Unity.

Representing this commission: Belén, Margot, Helena, Galaxia and Aline.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

“The Applications and Projects Commission” of the Association of Biodanza Professionals in Spain (BiodanzaYa). It is a multidisciplinary, affective and cohesive team.

We are united by our actions as Biodanza facilitators in Social, clinical, educational and organizational Action. Which lead us to expand and know Biodanza as a wonderful intervention tool.

Each person who is part of this commission is committed and involved in the sectors we name, either as professionals (teachers, social workers, educators, etc.) or as people aware that Biodanza has the power of personal and collective transformation for a biocentric, peaceful coexistence towards Unity.

Our work is applicable wherever it facilitates and improves the quality of life of many people with other abilities, special education students, people at risk of exclusion, workers in companies and institutions, etc.

We have carried out different actions such as: The compilation of different social, clinical, organizational and educational projects where Biodanza is applied, to build a mapping that helps and facilitates other colleagues to visualize and carry out their projects.

We held the first Symposium or "great round table discussion on Social and Clinical Action" Online in 2022. Where more than 100 people participated and we presented about 15 projects. Thus making known the importance of our work.



Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

In 2023 we commemorate the Symposium, with the participation of 5 professionals in a virtual round table. And we participated in the Spanish National Biodanza meeting in Barcelona, with an experience and photographic exhibition that makes visible different projects of Biodanza professionals in the social, clinical, educational and organizational fields in Spain. We will be delighted to share it at the Forum.

For 2025 we are organizing educational days as continuing education at the annual BiodanzaYa Assembly.

These actions are the result of the collaborative and networked work of the people who make up the commission, motivated by contributing to the co-creation of Biocentric Culture and Peace.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

BIODANZA SESSION

A JOURNEY TO THE HEART

The Force that Leads Us to the Language of Love

Nadia Costa, Pilar De La Cueva and Cordula Bruch



Nadia Costa

Facilitator of Biodanza, pioneer of the Biodanza Movement in Europe. E' director of the Biodanza School “Rolando Toro” of Switzerland. Trainer in extension “Biodance for the third and fourth ages”, she deals with the promotion in favor of the existential requalification of people in old age. E' creator and promoter of the first Social Biodanza Forum in Switzerland

Pilar De La Cueva

Doctor Specializing in obstetrics and gynecology. Member of the Users' Association for the Qualification of Attention to Childbirth and Breastfeeding. Coordinator of the Strategy of Attention to Natural Childbirth of the Spanish Ministry of Health and Social Policies. Professor in charge of training midwives in public hospitals. Biodanza Teaching Facilitator is a trainer in a number of Spanish and European Biodanza Schools.



Cordula Bruch

Naturopath and doctor of holistic medicine. In addition to traditional naturopathic treatments, it also uses methods of homeopathy, acupuncture, and energy healing. Specializing in psychotherapeutic interventions, influenced by systemic and hypnotherapeutic therapeutic approaches, as well as PEPs. Training in: Impulse Body Work®, Systemic Psychotherapy with Complementary Training in Family Constellations, PEP®, Complementary Training in NLP, Hypnotherapy, Complementary and Holistic Oncology and Psycho-Oncology, Facilitator, Supervisor and Biodanza Educator® for more than 20 years internationally.



Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

Biodanza invites us to a deep journey into our interior, exploring the language of love, which manifests itself through movement and connection. This form of expression allows us to communicate beyond words, awakening emotions and strengthening emotional ties. Biodanza becomes a universal language that transcends barriers, facilitating an authentic encounter.



The emotional encounter between people is the basis for having the courage to feel and live love as a source of peace.

Rolando Toro, creator of Biodanza, describes this experience of living love as "the force that drives us," a vital energy that drives us to reconnect with our essence and reconnect with the world around us. Each step and gesture becomes an act of love and surrender, fostering a sense of belonging and connection. This journey to the heart invites us to discover the beauty of vulnerability, to embrace our emotions and celebrate diversity.

In each Biodanza session, a safe space is cultivated where we can be ourselves, explore our creativity and strengthen our relationships, allowing the force of love to guide us towards a more biocentric life in freedom and peace.



Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

Brief answer to the questions:

- 1) encounters of humanity in affectivity
- 2) Opening the heart - symbolism: acting in the world from the heart with love
- 3) living/ experiencing the deep connection to the book of your own heart
- 4) Increased affectivity and feeling of peace with yourself and with others
- 5) the language of love is the force and the power that most transforms the human being



Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

BIODANZA SESSION

THE VALUE AND THE BEAUTY OF FRIENDSHIP

Marcus Stueck, Altair De Almeida and Oscar Imbernon

Marcus Stueck

Psychologist, University Professor and Researcher in the area of health at the Universities of Leipzig and Riga, Head of Research at the “DPFA-Academy Work and Health” and Scientific Director of the “International Research Academy”. He is the representative of the Bio-net platform, and the promoter of the Biocentric Education program “TanzPro”. He is the director of the School of



Altair De Almeida

Teacher of acupuncture, Tai Chi, Qigong, Shiatsu and Meditation for 35 years. Biodanza Facilitator since 2006 and Co-Director of Biodanza London School since 2011.

Heart Centering Team Building Coach

Oscar Imbernon

Director of the SRT Las Palmas de Gran Canaria Biodanza School, Specializing in: «Biodanza for Organizations and Companies», «Biodanza for Children, Adolescents and Families», “Minotaur Project”, “Body Reading”, “Aquatic Biodanza”, “Biodanza in Massage” and Biodanza in Nature, «Identity and 4 Elements», “Biodanza in Clay”, «Biodanza Music, Voice and Percussion» and «Tree of Wishes», Biodanza The Four Seasons with Tuco Nogales, director of the Al-Andaluz Biodanza School in Malaga. Graduated in “Therapeutic Chiromassage”. He leads internships and training in Spain and throughout Europe.



Live The value and the beauty of the friendship Live the friendship is one of the most precious things that a person can see in their life. This experience will be guided by three friends who have helped the friends on the course of many years. In the summer

GHV Hotel & Spa, Creazzo (VI), Italy

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

I will follow diverse dances to show how friendships can be cultivated and how the values of friendships enhance the life of a person.



1) Pedagogical Objective of the Vivencia: The aim of this vivencia is to experience the value of friendship in its emotional depth and to become aware of the beauty of interpersonal connections. Through dance and guided interaction, participants are invited to feel the essence of genuine friendship, built on trust and affection. This session is designed to create a space for nurturing and strengthening friendships and to recognize how they enrich our lives.

2) Key Exercise and Its Symbolism: The central exercise in this vivencia is the "Dance of Friendship," where participants move in a synchronized circle. This dance symbolizes the cycle of giving and receiving in friendship – a dynamic built on support, reliability, and joy. The circle, representing eternity, shows how friendship can create timeless bonds and shared strength.

3) How Participants Incorporate the Vivencia: By engaging directly in these dances, participants can internalize the essence of friendship and feel a deeper connection with themselves and others. The exercises are crafted to foster mindfulness, closeness, and empathy that can extend beyond the vivencia into daily relationships.

4) Expected Effects We Wish to Awaken: We aim to awaken feelings of gratitude, belonging, and goodwill, opening hearts to the power of friendship. Through various

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

dances, we inspire openness to human connection, fostering a sense of community, self-confidence, and trust in others.

5) The Message to Take Home: At the close of the session, participants receive a personal message on a little piece of paper to take with them. This message reflects their experience of the vivencia, a reminder of the power of friendship and its significance in their lives – an inspiration to nurture friendships with care and to give them space to flourish.

This vivencia is an invitation to feel the universal meaning of friendship and to celebrate it as a source of joy, support, and growth.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

BIODANZA SESSION

WEAVING NETWORKS OF LOVE, PEACE AND UNITY

Collective Biodanza Ya



Collective Social Projects BiodanzaYa: Belen Zarralanga/Aline Reis/Helena Lorenzo/Galaxia Baron Lucena/Margot Muriel

Facilitators of Biodanza in Spain, represent “The Commission applications and projects” of the Association of Biodanza Professionals in Spain (BiodanzaYa). It is a multidisciplinary, emotional and cohesive team. The commission's commitment is to disseminate Biodanza's social marketability, both as professionals (teachers, social workers, educators, etc.) and as people aware that Biodanza has the power of personal and collective transformation for biocentric, peaceful coexistence and towards Unity.

Love is a premise for all the work we do in social action with Biodanza. It is the key to open ourselves to a Biocentric Culture of Peace. It is the thread that weaves the collective network that places Life at the Center.

Taught by: Belén, Margot, Galaxia, Helena and Aline.

PEDAGOGICAL OBJECTIVE OF THE EXPERIENCE

To promote, raise awareness and motivate in the importance of a more supportive and empathetic social fabric with people and Life. Promoting a commitment to the biocentric principle that is the axis of the Biodanza methodology. Which leads us to the creation of a more peaceful world.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

KEY EXERCISE AND ITS SYMBOLISM

To create this human fabric through a Biodanza exercise called “Affective Network”, which symbolizes a human network of ethical and supportive commitment in the co-creation of an affective and united world.

HOW PEOPLE INCORPORATE THE EXPERIENCE

Through the emotional openness promoted by music and movement, participants will be able to experience empathy, tenderness and the extension of themselves in other people, becoming sensitive to the common good.

WHAT ARE THE EXPECTED EFFECTS ON PEOPLE?

Sense of Unity, connection, commitment to Life, solidarity and collaboration. And feeling like a proactive part of this Human Network that we are.

MAIN MESSAGE

“Tenderness is the quality of presence that grants presence.” Rolando Toro Araneda

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

SESSIONE PRATICA DI BIODANZA

PEACE IS AN ATTITUDE

Cristina Azevedo e Sabela Martinez



Ana Cristina Jacome Azevedo

With 23 years of experience in Biodanza, she has been a facilitator since 2009 and an Instructor since 2019, certified in various extensions, particularly in Clinical Biodanza and I Ching Dancing Biodanza. He has been teaching for 11 years. He gives lessons in Biodanza schools and carries out supervisions.

Clinical psychologist with 26 years of experience. She teaches at university in Portugal for 16 years.

Health Coach for 24 years ICF.

MBCT Mindfulness Facilitator, MBSR. Facilitator of family and organizational constellations for 19 years. Couples and sexual therapist for 12 years.

Sabela Martinez

Biodanza Facilitator and Co-Director of the Ayun-Castellon School of Biodanza (Spain). Degree in social sciences of education and continuing education in ecology, holistic education, philosophy and mental health. Member and Past President of the BiodanzaYa Association, he is president of AEBE and Ibfed. Specializing in Biodanza and Clay, Rehabilitation of Sexuality, Clinical and Social Biodanza and Minotaur Project, she conducts courses and training throughout Spain and Europe.



Considering the proverb: The highest happiness is peace.

The only absolute ethics is the ethics of the heart, the ethics that puts "life at the center". So united in one movement in one heart Alignment with the Dance of Love Rescuing the path of Peace

Our Purpose is to provide a Journey of Transformation to release patterns, detach and achieve inner peace to be able to live more aligned with our Divine Nature.

When music enters, little by little, into the chaos of our worries, wonderful spaces open in the dark corners of the soul; our bodies are transformed; the triumphant aspiration of love and peace emerges. Thus, the shadows and error induced by the

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

sick matrices of our civilization, cruelty and emptiness are conjured by the cosmic dance of encounter

The unconscious images of violence, invader, and predator are being transformed into the unconscious bodily, into archetypes of generosity, fraternity, love, rebirth, health peace

Is a journey to awake peace inside that don't ignores pain in oneself or others or is acquired by shutting down. A durable peace, a peace you can come home to even if it's been covered over by fear, frustration, or heartache.



TESTIMONIALS FROM THE FORUM

What I liked most and favorite moments

- The possibility of improving the intrinsic qualities of the human being: feeling, thinking and acting in favor of life. As a participant and presenter, both in a conference and in an experience, everything went very well and without a hitch.

Facilitator (1)

- The experiences of beginning and end, because they are all together. The final dynamic of writing for Peace, due to intention and collaboration. And all the moments of being able to enjoy and share in small spaces, thanks to the intimacy and connection that this creates. And "pan-american!!!!" A great time to reach more people in our discussion and experience. I wish spaces and times were more protagonists for everyone. And of course, the best food!!!

Belén Zarralanga (2)

- I enjoyed being able to stay an extra day and share daily life with other people at the Casa Felice. And I would like the Forum to be able to expand to other places, to perhaps have the opportunity in other cities and countries. And be able to collaborate whenever I can.

Belén Zarralanga (2)


- All conversation spaces with one, two, three people... Where I got to know them better and their experiences in a more detailed and refined way. The possibility of knowing so much work done in so many areas of the world with Biodanza continues to surprise me, how many gestures and knowledge are producing great changes for people in vulnerability. And especially the spaces where I can naturally share laughter and pleasure. Feeling truly open hearts gives me confidence, without speech, just with gestures.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

Belén Zarralanga (2)

- I really enjoyed your Vivencia Gio because it was so well constructed and represented, and I absolutely loved meeting the different teachers and participants. I truly loved giving my talk and demonstrating that I live a biocentric life. She was well received. I believe I have provided them with exercises that are not available in Biodanza to help their health and well-being.

Altair de Almeida, Director (3)

- Sharing, conviviality. It was all beautiful for me. The experiences, the insights with the professionals, the dedicated massages... it was so beautiful that I would love to participate in the Biodanza school. This year I can't for personal reasons, but the seed is in my heart. 

Casu Maria Ria, Social Worker

- The last experiences where the ribbons intertwined, while the ribbons intertwined our intertwined hands and while our hands intertwined our hearts, our gazes, our voices intertwined and met, and together we danced our beautiful souls.

Casu Maria Rita, Social Worker (4)

- The meetings!

Tiziana Coda-Zabet, Direttrice (5)

- On the first day, what struck me most was feeling that each experience resonated deeply with the theme of peace. It was like having a single, long experience led, I would say better, accompanied, by several colleagues from different places in the world, but with a single feeling. Very exciting! In that moment, with something so terrible happening, our egos calmed down, we danced with our hearts.

Tiziana Coda-Zabet, Director (5)

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

- What I desire goes far beyond Biodanza: to continue cultivating heart movement, courage, and being agents of the new world I see emerging around me.

Tiziana Coda-Zabet, Director (5)

- The continuous flow of love and the meeting of old and new friends. Many beautiful moments full of flow. Meeting Dina and new friends from Israel and meeting some people I haven't seen since my Biodanza Course with Rolando in Italy. The inspiration I received.

Facilitator (6)

- The energy field that has come to be created.

Teacher (7)

- Some reports, particularly those aimed at clinical and physiological aspects, the final plenary session.

Teacher (7)

- The forum was a wonderful experience of cooperation, communication, community, and exchange at a deep level between colleagues, free from competition and rivalry. What struck me most was the integration of diversity. What a great work, created with open and loving hearts by a great team.

Dr. Cordula Bruch (8)

- Oh, it was the joyful, kind atmosphere and the deep knowledge that everyone has something to share and offer-it was giving and receiving in fluidity and love, so much love. Conferences with a scientific approach and level were important to me. I am happy to have been part of this great Forum.

Dr. Cordula Bruch (8)

- The meeting with people from the "David and Goliath" and Ithaca groups, for their authenticity, simplicity and wisdom.

Jaime Gallego, Student (9)

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

The words of the people of the Ithaca group struck me very deeply; they seemed full of meaning and wisdom, completely consistent with their life experience, simple and direct. I was also deeply touched by Simone Cisticchi's poem: "I believe that beauty will not save the world, but rather we are the ones who must save beauty." These words are now engraved in me. And the emotion of meeting different people, their looks, their smiles, their gestures, the feeling of peace that floods you. The immense courage that supports the celebration of this meeting.

Jaime Gallego, Student (9)

- The combination of theoretical themes and practical dances... to feel that it always makes sense to know what you're doing and, with this knowledge, to flow...

André Chales De Beaulieu(10)

- You made everything amazing... it was my first time and next time will be different for me and that's very nice.

André Chales De Beaulieu(10)

- Yes... the introduction of the people in the group to which he belongs... a man recounted his experience with Biodanza in a very scientific and professional way... I was wondering how to dance with him? And then in the next Vivencia we got together and danced... and it was so deep, warm, authentic and it made me so happy... I felt ashamed and wondered why we have images of others...

André Chales De Beaulieu (10)

- The empathy that developed among the participants. During the forum days, I often had, especially at the end of the day, a very strong feeling of being very present to myself, of feeling that I was in my body with my soul.

Gennaro Reder, Partecipant (11)

- Being with so many people. The sharing.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

A Participant (12)

- What I liked most about the Forum was the living encounter with people: seeing old friends again, meeting new faces, feeling that we are part of the same network. I sensed a climate of human warmth and deep sharing that gave meaning to every moment.

Livia Rinaldi

- There are moments that, in the flow of an encounter, remain imprinted like a seal within us. At the Vicenza Forum, one of these was during a life where the circle opened like a collective embrace and, dancing, I felt the invisible strength of a network that supported us all. It was not just a collection of moving bodies, but a web of relationships, a shared breath that reminded each of us of the profound meaning of Biodanza: to bring out life, connection, and hope, in every simple and true gesture.
- What struck me was the quality of the look in the eyes of the other participants. In those looks I perceived the dignity, the stories, the pains and joys of so many people who, despite coming from different paths, flowed into the same river of humanity. Dance then became a universal language, capable of making us recognize beyond words and labels, reminding us that transformation begins there: from feeling part of the same shared life.

Another moment that I carry in my heart was the spontaneous dialogue after life, when some of us stopped to tell what we had experienced. It was there that I understood even more the richness of Social Biodanza: everyone brought their own experience, and what for me had been a touch of sweetness for others had been a rediscovery of trust, or a letting go of fear. I perceived the power of mutual listening and the possibility of weaving different meanings around the same bodily experience.

That moment awakened within me the awareness that Biodanza is never just “my” individual experience, but always a community process, in which

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

experiences are amplified because they are shared. It is as if each heart were a drum that, playing together with the others, makes a greater music vibrate, capable of resonating in the world beyond the confines of the hall.

- I was also touched by the dimension of generational continuity. Seeing facilitators with more years of experience dancing alongside those at their first Forum made me feel the strength of a living transmission: not a knowledge that is preserved static, but a fire that passes from hand to hand, from body to body. In that circle there were no masters and students, but travelers of life who, for an instant, walked in the same direction.
- I have deeply understood that the true strength of social biodance lies not in proposing abstract models, but in giving body and dignity to the human experience, as it is. In a world that often fragments, isolates, and divides, the possibility of finding oneself in a circle that celebrates life together becomes a revolutionary act. It's no coincidence that during that dance, I felt a silent sense of collective healing: as if we were restoring faith in the future simply by meeting in our authenticity.
- My favorite moment, therefore, is not an isolated episode, but a intertwining of sensations: the warm hand of the person who accompanied me in a sequence of glances, the music that slid like water between my bodies, the sudden smile of a stranger who in a few seconds became familiar, the lightness that arises when one allows oneself to be. These are seemingly small details, but together they have reshaped the meaning of my participation.

I bring with me from the Forum the certainty that Biodanza is a language of the possible: it shows us that another way of being together is already here, available, when we let ourselves be touched by life and are not afraid to share it. The understanding I've deepened is that, beyond techniques and methods, what matters is the quality of the encounter, the ability to generate community. This is the true “school” that nourishes us: learning to recognize

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

ourselves as part of the same greater dance, in which every personal step becomes a gift to the collective.

This moment, with its nuances, will continue to vibrate within me like a seed. And like any seed, I know it will bear fruit: in my relationships, in my work, in the way I look at others. Because when you experience the depth of an authentic encounter, you can never go back: you have transformed, and life demands to be danced with new intensity.

Livia Rinaldi

- The characteristic of being international and having a specific social address.

Gabriele (14)

- Truth be told, I liked EVERYTHING about this. I liked that so many people - many hundreds have consciously chosen to come together and delve somatically through the body into an expression of totality, which is visceral, felt and experienced. I enjoyed the opportunities to participate in so many vivencias with incredible teachers from an international perspective as well.

Priya Mahtani, Alunna, UK (15)

- There were so many - but here are a couple in particular. I was going to one of the rooms to explore a biocentric circle-but when I arrived, the teacher said this wouldn't happen-so he suggested I go to another room. I arrived in that room and it was a smaller group - maybe twenty people. We were exploring the role that creativity and chaos have to play in our lives through movement. I had a profound experience realizing so much about my relationship with both of them and how this had manifested itself in my personal relationships as well. I remember many moments when tears filled my eyes and I felt so grateful that existence had guided me in this moment. It was cathartic, profound and healing. I cried and even moved on to a more expanded version of myself-also seeing some key patterns that had emerged in relation to different people in my life. It was profound.

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

Another moment was when my boyfriend arrived on Saturday evening-I thought we were meeting at the hotel reception-his flight was delayed, so instead of meeting him at the airport or station, he came straight to the hotel. He had heard of Biodanza but had never experienced it - Giovanna invited him generously into space and he too had some rather profound experiences. When Saturday came, I had danced with all my heart. I was overflowing with love and nostalgia, wishing he were there - especially since we had broken up with some tensions between us. I turned around and suddenly he was there, as if by magic. I feel that Biodanza facilitates this magic and a deepening of the love between souls and dancers and, really, everyone in the room.

Finally, another moment came when the clinical practice group entered the room and shared their stories-they had various mental health challenges, yet the sweetness and love they brought to the space were palpable. It is one thing to support a system in the world that encourages health, well-being, and healing. It's another thing to see how theory translates into practice, as we immerse ourselves in our experiences of humanity-even among those we might not normally encounter in our daily lives. In a time of so much division and isolation and the polarization that occurs in the world out there, Biodanza seems like an antidote to separation as it leads us (it certainly led me) to greater acceptance, inner harmony, and ultimately love.

Priya Mahtani, Student, UK (15)

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

SPECIAL GUEST X FORUM! ASSOCIAZIONE PROGETTO ITACA - CLUB ITACA NAPOLI

A reality that demonstrates a biocentric approach to mental health care at the national level: within the Club, there are no medical staff, only non-specialized staff who assist members in their activities. The foundations of the Ithaca Club's operating model are the Relationship (between members and between members and staff) and the WOD (Work Ordered Day), the structured day of work, essential to ensure the Club's functioning and organized in such a way as to minimize anxiety and insecurities. The small number of staff involved is sufficient to ensure that all members carry out their activities, but small enough to make their involvement essential. The Club aims to support members in developing their social and work-related self-determination through engagement in daily activities necessary for the Club's functioning, activating, where possible, career guidance programs and training internships in external companies, useful for their eventual reintegration into the workforce. The Itaca Club of Naples was the first at national level to introduce Biodanza as an inclusive pedagogy and launched the first clinical Biodanza workshop last October in collaboration with the Gaja Center, which was followed by a reflection and planning that is still ongoing.



Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

THANKS TO CLINICAL AND SOCIAL BIODANCERS, THE HEART AND VOICE OF CHANGE



Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza



Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

...THANKS TO THE DREAMTEAM OF THE 10TH FORUM... SPECIAL GUESTS

Lass Diouf

Singing, drums, the theme song of the Forum...since the first edition of the Forum



Salvo Scalia

The images of the Forum, captured moments, full of meaning and poetry, which become eternity

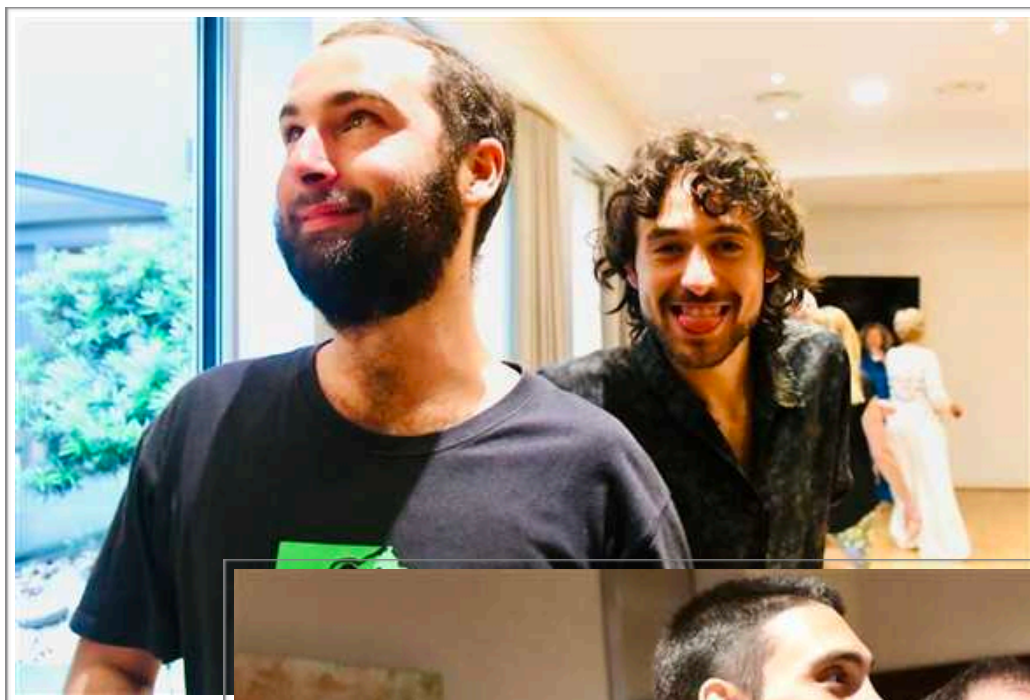
Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

THANKS TO MIRKO NISENSEN BERNARDELLE-SANTI THE BIG BLIND

Musicians-magicians, Authors and creators of the Gym for Peace, sound accompanies us throughout the Forum and registers in our cells to make them flourish for life



Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza



Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

**THANKS TO THE STAFF! NUMINOSI DI GAJA,
MERAVIDA, GAJAMEMBERS AND GAJA FRIENDS**



Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza



Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

GRAZIE A GIOVANNA E ANTONIO



Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

LOOKS, HUGS AND MOMENTS OF PEACE



Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza



Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza



Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza



THANKS TO ALL OF YOU!

GOODBYE TO THE NEXT FORUM ...



Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza

Centro Gaja Scuola di Biodanza “Rolando Toro” Vicenza