

The Healing Dance® Trainings

Healing Dance Introductory Weekend

This 16 hour weekend course is designed for entry level students of aquatic bodywork. The history, principles and applications of Healing Dance are covered on land, as well as terminology, communication, and the anatomy related to support of the head and pelvis. In the water, you will be given a direct experience of Healing Dance through receiving a mini-session. There the fundamentals of aquatic technique are taught, including how to sense the weight and breath of the receiver, knowing where to support, how to traction, how to be grounded in the stances that we stand in and how to bring our partner into flow with weight shifts and traveling steps. A simple practice sequence is learned with a clear beginning and finish that is the perfect preparation for taking *Healing Dance I*. You will discover how natural it is to share aquatic bodywork and how it can open a new dimension in relating. A written and photo manual are provided and a DVD of the sequence is made available.

Healing Dance I

Healing Dance I constitutes a paradigm shift for the student of aquatic bodywork. It sees the body as at home in the water and hydrodynamic in its form, healing in the flow of movement. It understands the psyche as needing not only nurture and closeness, but space, freedom and acceptance of self-expression, as well. More than anything else, *Healing Dance I* is the wave. In addition to seven full-body waves the sequence encompasses various circles, figure eights and releases, all balanced by the stillness of positional sanctuaries, and woven together with flowing transitions. The study of body mechanics extends beyond the familiar Horse and Warrior Stances to include different walking patterns that allow traveling across the pool. Healing Dance principles are discussed on land and practiced in the water. These include moving by example, creative imbalance, the rhythmic field and dosing movement. Finally, you are introduced to Relating and Mirroring, the goal of all technical study, the art of sensitively accompanying the movement impulses and unwinding of receivers. A written and photo manual are provided and a DVD of the sequence is made available.

Healing Dance II

Healing Dance II asks the question, "How do we earn trust and gain access to the body at the beginning of a session?" The answer it provides lies in the trance-inducing Back Waves and in our quality of touch. In this training we continue the study of spatial mandalas beyond the waves of *Healing Dance I* into the spiral, the eight and the spiral eight. *Healing Dance II* also focuses strongly on bodywork. It offers a toolbox replete with massage techniques and stretches integrated into the flow of movement. The course delivers the fullness of Healing Dance's surface repertoire with an entirely new set of mini-sequences including Seaweed II, The Starfish, Adonis Waves, Arm Waves, and Klimt. *Healing Dance II* carries further the emphasis on Relating and Mirroring by which students hone the all important art of

responding to the kinetic and feeling states of their receivers. A written and photo manual are provided and a DVD of the sequence is made available.

Introduction to Healing Dance Underwater

The *Introduction to Healing Dance Underwater (IHDU)* is designed as a first underwater course for students who have already taken surface courses, such as *Watsu I* or *Healing Dance I*. *IHDU* is a 3 day course that specifically prepares you to take *Shape and Space* and *Above and Below*, the two major underwater trainings of Healing Dance. The transition to submerging receivers rather than merely supporting them on the surface entails learning several skills before one can take a receiver safely underwater. These fundamentals covered in the course include how to a) read the breath precisely; b) signal appropriately; c) offer and remove the noseclip; d) unweight the head on submerging; e) give the head freedom underwater; f) gauge the amount of time spent underwater; g) maintain the absolute space; h) soften the hands in grips; i) use one's weight and breath to create deep movements; j) travel in the pool, and k) pre-support the head on surfacing. Participants learn a surface warm-up followed by a sequence of thirteen submergings arranged in an order that could be used in a session. A written and photo manual are provided and a DVD of the sequence is made available.

Healing Dance Above and Below

This class is designed to bring the principles of Healing Dance into the underwater experience. Maintaining flow above and below the surface is integral; the material explores how to smooth out the moment of submerging and surfacing. When rhythm, movement shape and body position are pre-set at the surface, the receiver experiences a less radical change at the moment of submerging. The coursework begins taking Watsu's Basic Moves underwater and extends this idea to the whole session, introducing a variety of takedown moves from the repertoire of the Healing Dance. From the feedback of practitioners working with *Above and Below* we know that it is indeed making going under possible for people previously unable to allow themselves to be submerged. Taking the moves below the surface becomes a fluid dance, bringing the receiver to a place where there is no need of breath and bringing the giver to a joy in movement and presence. This class offers a copious toolbox of moves that are simple, elegant and intriguing to enrich your experience in the underwater. A written and photo manual are provided and a DVD of the sequence is made available.

Healing Dance Shape and Space

Shape and Space is the fourth Healing Dance level to come into existence after the *Healing Dance I, II* and *Above and Below* trainings. It is made up mostly of material Alexander had developed as early as 1993 and first taught in the US and in Europe as an advanced level of WaterDance. *Shape and Space* consists of a beautiful and exciting repertoire of moves and an exploration of underwater improvisation. It is a collection of dives that embody a language with its own grammar and syntax. The

key idea in *Shape and Space* is learning how to create pure, generous movement shapes that convey the receiver across the length and breadth of the pool, speaking their embedded messages to the receiver. The movements of *Shape and Space* are rooted in human developmental movement; in the animal movement of dolphins, seals, and snakes; in elemental movement patterns seen in flowing water, and in archetypal positions that reflect our biological genesis and relation to spirit. In addition, *Shape and Space* explores the art of adapting to and facilitating the interactive receiver. *Shape and Space* is for those practitioners who believe in the healing power of movement and want to learn how to dance with their receivers in the water. A written and photo manual are provided and a DVD of the sequence is made available.

Healing Dance 100

Healing Dance 100 was created by Alexander in 2009. It consists of two 50 hour modules, *Aquatic Basics* and *Healing Dance Essentials*, taught over two weeks and is intended for spa environments and clinics. It leads to certification as a Healing Dance Provider. *Aquatic Basics* addresses the needs of spa clientele and special populations, enabling Providers to accommodate first-time water clients as well as those ready to receive Healing Dance in its fullness. The „noodle work“ it includes is for receivers who initially require more space and time to accustom themselves to the water, who are not quite ready to be held in the arms of the practitioner. The Training Sequence educates Providers in the basics of aquatic technique and is suitable for clients ready to be held and moved through simpler figures that require not so much flexibility and surrender. The Healing Dance material introduced in *Aquatic Basics* consists of hydrodynamic waves, flowing transitions, releases and nurturing holds. The second module, *Healing Dance Essentials*, consists entirely of Healing Dance, encompassing in an abbreviated sequence some essential movements from Healing Dance's two longer surface trainings. These include a few of the favorites of receivers, such as the Matador, Vortex, and Pegasus, as well as further waves, figure eights, releases, holds and moves incorporating massage. The land work for *Healing Dance 100* covers such important topics as body mechanics, quality of touch, presence, breath, ethics and healing dance principles, so that Providers are thoroughly prepared to treat their clients. A written and photo manual are provided and a DVD of the sequence is made available.

The Golden Oldies

It is said that in the making of a movie, there will be blood on the editing room floor, meaning that good scenes have to be cut. And so it was with the Healing Dance trainings over the years. A lot of moves got cut from the sequences, not because they didn't have merit, but because the courses needed to be stream-lined. *The Golden Oldies* weekend course is a potpourri of techniques resurrected from the editing room floor that can have a place in your sessions. Many of the moves have three-dimensional shapes, traveling not only on the horizontal plane but deep and shallow, as well. This use of the depth of the water reflects the early influence of *WaterDance*.

One of the sequences was designed for the ultra-buoyant receiver, while others require a fair degree of flexibility. And out of nostalgia we have included some fun stuff that isn't strictly professional, yes those crazy moves that were of dubious therapeutic value but carry the original flavor of Healing Dance before it was tamed. A written manual is provided.

Relating & Mirroring

Relating & Mirroring is a three day course focusing on perhaps the most important aspect of aquatic bodywork: that our receivers feel felt, and that as givers we are able to truly feel and mirror them in all dimensions—physical, emotional and spiritual. The recent discovery of mirror neurons in the brain has provided our generation with a scientific basis for empathy. In the training we will delve into this neuro-physiological phenomena underlying our social interactions before focusing on how it translates into the water. On land we will experiment with dance mirroring exercises, authentic movement and exercises to fine-tune presence. In the water we will develop the skills and perceptual framework to follow and support receivers in their movement and stillness. The principles we will explore include using the water, joining, extending, supporting, taking over, keeping up, staying in flow, setting impulses and giving space.

Not only will the course train us to better accompany our receivers, but it will also offer a setting in which we ourselves as receivers may allow our own unwinding and soul dance to unfold. Additionally, we will practice the verbal skills to create the invitation and safe framework for our receivers to flow into their own movement impulses.