

# Biodanza

## Task 1.

Read the text below and answer the following questions:

1. What are the benefits of Biodanza?
2. When was Biodanza created?
3. Who created Biodanza?
4. How does the UK Daily Telegraph describe Biodanza?

Biodanza is a method which aims at the development of human capacities, including the feeling of happiness, communication skills and improving of relationships. It was created in the 1960s by the Chilean anthropologist and psychologist Rolando Toro, the Biodanza system is now found in 54 countries, including Brazil, Argentina, Australia, Spain, Chile, France, Norway, Germany, Italy, Japan, South Africa, Uruguay, Netherlands, United Kingdom, United States, Colombia, Venezuela, and Belgium.

Biodanza has been featured on CNN Chile, on BBC TV and national newspapers in the UK, and in lifestyle magazines in the UK and South Africa. The UK Daily Telegraph describes Biodanza as "a series of exercises and moves that aim to promote self-esteem, the joy of life and the expression of emotions".

## Task 2.

Read the text about Rolando Toro and complete it with the words below:

LECTURER, GRADUATED, PUBLISHED, ELEMENTARY, HOSPITAL

Rolando Toro Mario Araneda was born in Chile, on April the 19th in 1924. He worked as an \_\_\_\_\_ school teacher in Valparaiso, Talcahuano, Pocuro and Santiago. In 1964 he \_\_\_\_\_ from the Psychology School of Pedagogical Institute of the University of Chile. He was appointed the chair of Arts and Expressions Psychology at the Aesthetics Institute of the Catholic University of Chile and worked as a \_\_\_\_\_ at the Medical Anthropology Centre at the University of Chile. In 1960s and 1970s he used Biodanza with various groups of people at the Psychiatric \_\_\_\_\_ of Santiago as well as the Aesthetics Institute of the Catholic University of Chile. Rolando Toro is also a poet and a painter. He \_\_\_\_\_ many poems and psychotherapy books.

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## Teachers' Notes

Here is more information on Biodanza. Please also have a look at <http://www.biodanza.org/en/>

Biodanza is a human integration system of organic renewal, of affective re-education, and of re-learning of the life original functions. Its application consists in leading *vivencias* through music, singing, movements and group encounter situations.

**HUMAN INTEGRATION:** The Biodanza integration process is carried out through the stimulation of primordial functions connected to life that allows every single person to be integrated with himself, with species and universe.

**ORGANIC RENEWAL:** It's the practice that aims to the organic self-regulation, mainly made by special conditions of trance. They activate cells reparation and global regulation of biological function processes, reducing stress and disorganization factors.

**AFFECTIVE RE-EDUCATION:** It's the ability to set relationships with other people.

**RE-LEARNING OF LIFE ORIGINAL FUNCTIONS:** Learn to live starting from the instincts. The instinct is a inborn hereditary behaviour, that doesn't need to be learnt and it shows itself through specific stimuli whose aim is to preserve life and allow its evolution. Instincts represent nature in ourselves and being sensitive to them means to set a contact between nature and culture.

**INTEGRATIVE *VIVENCIAS*:** It's an experience led with a great intensity in terms of here and now and with ontological quality (it is projected on the whole existence). *Vivencias* in Biodanza are integrative because they have a harmonizing effect. *Vivencias* in Biodanza is addressed to stimuli of vitality, sexuality, creativity, affectivity and transcendence potentials which are called lines of *Vivencia*.