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| Digital Course - Fundamentals of Transformative Dance and Mentoring Program |

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| Introduction to TD and my perspective |
| Why should we dance?  |
| Assumptions and the languish of the TD |
| TD guidlines  |
| Different types of movement and dance in the TD practice  |
| Rituals and dance as a spiritual practice |
| BodyMind and Embodiement  |
| Reich and BodyMind approaches  |
|  Movement Qualities, Paradigms and Laban |
| Music as a co Facilitator |
| The healing power of movement and a witness  |
| Body Empathy, Resonation and Kinaesthetic seeing |
| Guidelines of Facilitation by the TD  |
| Guidelines of Facilitation second part |
| The roll of the facilitator (Teacher/Facilitator/Therapist) |
| Intention and Structure of a session  |
| Talking to the body and embodying idea  |
| The body of the facilitator - qualifies of facilitation, preparation, resources  |
| Groups |
| Group process and movement implications and interventions  |
| working with resistance  |
| Creating a drop in session or a process group vs. Creating a workshop |
| Creative and Practical process of holding the space for dance  |
| Inspiration |
| Inspiration |
| Goodby  |