

INTERNATIONAL BIOCENTRIC FOUNDATION

Rolando Toro School voor Biodanza Midden-Nederland
Director : Antoinette Lorraine



BIODANZA EXTENSION: BIODANZA & MASSAGE

EDUCATION TO AFFECTIVE TOUCH
Sandra Salmaso (Italy)

“The creation of this extension is a contribution to therapeutic knowledge and to the training to an affective behavior in our lives. It makes you incorporate important categories of movement, the pleasure you experience while you are moving, eroticism and regression and, at the same time, it creates the safest conditions to give way to regression, through a methodology based on progressive exercises and massages. Rolando Toro

Through Biodanza and Massage Bio-integration that is Education to an affective touch, it's possible to deepen massage vivencias during Biodanza classes. “Education to the Contact” is a kind of sensitive and affective massage induced by vivencias and including different ways of touching and in particular caresses; in this way it can bring out the value and the unicity of every single human being.

The training course of “Education of the Contact” is intended for teachers of Biodanza and teaches specific exercises which help the deepening of regression vivencias through giving and receiving an affective touch. Regressions must be reached in a progressive way so that people can experience it in an agreeable way.

I° STAGE: 18-20 MARCH 2011

FRIDAY 18:00-22:00, SATURDAY 10:00-20:00, SUNDAY 9.30-18:00

- The origins of physical touch as a “basic need” of human species: anthropological and neurophysiological aspects
- the original function of touching
- value of the body and self-esteem
- the mechanism of giving and receiving
- Vivencias with specific exercises of massage to develop the integrity of emotions and movement
- developing hands' sensibility
- learning series of relaxing massages induced by vivencias

II° STAGE: 20-22 MAY 2011

FRIDAY 18:00-22:00, SATURDAY 10:00-20:00, SUNDAY 9.30-18:00

- The functions of the skin
- the skin as Identity container
- the touch according to the Categories of Movement and Yin and Yang touches
- the circle as unifying symbol
- learning series of massage with oil

III° STAGE: 17-19 JUNE 2011

FRIDAY 18:00-22:00, SATURDAY 10:00-20:00, SUNDAY 9.30-18:00

- the vital unconscious: vital pulsation in touching
- touching according to the 4 Elements: water, earth, air, fire.
- learning how to increase the intensity of vivencias in order to radicalize the vivencias of affective integration, eroticism, relaxation, regression and organic self-regulation
- methodological development:
- analysis of exercises, suggestions and music.

The course will be divided into three parts be required in order to deepen extensively the methodological aspects. Teachers of Biodanza and trainer students can apply for admission. An attendance certification will be given at the end of each part.

The teachers attending to all three parts of the course will have a certification of Extension Course in "Biodanza and Education to affective touch. The teaching material is part of Biodanza theory by Prof. Rolando Toro and accords to the principles of Biodanza. Written material will be given at the end of each part and also exercises, specific music and four CDs will be available.

1°-2°-3° parts will cost . €60,00 each module

Deposit of €120 (€40 for each module) will reserve your place on all modules

to A Lorraine Williams, Rabobank 1514.82.179 Amersfoort: Massage Extension



SISTEMA ROLANDO TORO

Then *€120 to be paid on entrance at each module*

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Sandra Salmaso was born in Padova on 5TH May 1958. Director of the Triveneto Biodanza school, Rolando Toro System.

Regular Teacher, tutor and teaching in the Biodanza ®Teachers Training Schools

I was trained directly by Prof. Rolando Toro in the first Italian School of Biodanza after a very long working experience started in 1978, based on vocal and body expression. I worked in experimental theatre and dancing as an actress, pedagogue and researcher / seeker.

In the meantime, I studied massage discipline attending to different courses and trainings regarding beauty massage, lymphatic massage, plantar / foot reflexology; psychic massage.

I took my degree in 1994, with a work/thesis titled "The gesture of touching in Biodanza: an Art".

It is with great joy that from 15 years I teach in weekly groups of Biodanza and stages for adults in several cities either in Italy or in Europe.

In 1990 I created a method to learn Massage through the Vivencia that I titled Education to Contact: Biointegrante Massage". Through this course that lasts one year and a half, more than 250 people have been trained.

Under the supervision of Prof. Rolando Toro, who created the Biodanza System, I also conceived the deepening training in “Biodanza en Education to affective touch” (Educazione al Contatto) that is since 1996 a specialization course (extension) addressed to operators in the Biodanza System in the world.