



# INTERNATIONAL BIODANZA FEDERATION

**NEWSLETTER 6**

**DECEMBER, 2023**



*The new Didacta courses have been approved.  
Check all the information in this Newsletter*



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Remember that you can access the previous newsletters and the first report of the Methodology Commission through the Federation's website: [www.biodanza.org/newsletter/](http://www.biodanza.org/newsletter/)



## LETTER FROM THE BOARD

Dear colleagues of Biodanza World, dear friends,

At the end of the year we celebrate as a family, tuning affections, hearts and hopes. It is time to bring that harmony into our friendship, to serve as nourishment for our world, so in need of understanding and authentic love. Then, only then, will it be time to celebrate the agape of our belonging to that condition of which we are so proud, that of Being Human.

We present to you this new Newsletter prepared by the Communication Commission of this Council with information that we hope will be of great interest to the whole community. Thank you very much for your hard work during this 2023 that ends to all the commissions of the Federation, to all the associations of schools and to all the biodanzantes, facilitators and didactas who continue to keep alive this wonderful system of ours.

With our best wishes, we wish you a Merry Christmas and may 2024 be full of more Biodanza.

IBFed Board



## DIDACTIC TRAINING COURSE 2024 - 2025

The IBFed Directive Council  
is very pleased to announce the upcoming Didactic Training Courses  
in the following regions

**South America**  
**Central and North America**  
**Europe, Asia, Africa and Oceania**

Three Organising Committees composed of members of the Directive Council, the Methodology Commission and experts who have collaborated in previous Didactic Courses or who have specific competencies in the field of Education at university level have been working for several months on the realisation of the three Courses.

These commissions, working together, drew up a work plan and constructed a globally unified curriculum with the aim of guaranteeing all future didactic teachers around the world an equivalent level of professionalisation. The overall project, which guarantees the economic viability of the courses, and the curriculum were presented to the IBFed Federal Assembly, which recently approved them.

In the next phase, each organising group will complete the detailed programme of each specific Training Course and will receive applications from participants, which will be selected according to the requirements of the IBFed Federal Regulations until the available places are filled.

With the hope and desire that these new Didactic Training Courses can be for students and teachers a fruitful moment of exchange, enrichment of competences and strengthening of the experiential and cognitive bases that consolidate the transmission of the Biodanza System in the world, we share here the presentation documents of each of the courses so that all those interested can receive all the necessary information and send, in due time, their applications for participation.

We remind you that, except in cases of verifiable force majeure, each facilitator will only be able to enrol in the Didactic Course organised in his/her area of residence.



## ANNOUNCEMENT DIDACTIC TRAINING EUROPE

The Organising Committee of the Didactic Course Europe is pleased to announce the realisation of the next Didactic Training Course 2024-2025 on the basis of the project approved by the IBFed Federal Assembly.

### **Organising group**

In accordance with the Federal Regulations, the organising group approved at the Assembly for the area of Europe, Asia, Africa and Oceania consists of:

José Neves, Angelica Scotti, Gabrielle Freyhoff, Sergio Cruz, Helene Levy Benseft, Catherine Charbonnier, Diana Zijlmans, Creusa da Silveira and Augusto Madalena.

### **Beneficiaries and admission criteria**

This is a didactic training course dedicated primarily to facilitators who wish to be trained and who meet the requirements set out in the federal regulations (Art. 10.5), which are as follows:

The following are considered essential criteria for admission:

- having facilitated a regular weekly group for two to four years after graduation [1]
- to have trained in at least one or two applications or extensions of Biodanza.

The following recommendations will also be considered as pre-requisite criteria in the case of oversubscription:

- to have repeated the training
- have offered at least 5 vivential workshops of Biodanza or of an Extension in which they are trained.

### **Where and when**

The course consists of three modules, each lasting five days, which will take place in different regions of Europe:

1st module: Spain - Zaragoza, 06-10 November 2024

2nd module: Italy - April 2025 (Date and venue to be confirmed)

3rd module: Germany - Oldenburg, 8-12 October 2025

### **Important note**

In order to guarantee the absolute quality of the teaching, the number of participants in the course is limited to a maximum of 180, who will be selected on the basis of proven requirements and the real need expressly expressed by the training schools. In the event of a surplus of requests to participate, the link established in having accompanied a training school will be taken into account.

[1] As a consequence of the difficulties with COVID, IBFed has stipulated at the global level that facilitators whose qualification takes place during 2023 will also be admitted, provided they meet all other requirements.



The didactic course offers a unique high-level training programme which is enclosed in this newsletter.

Participation in the course does not in itself guarantee the acquisition of the Didacta qualification.

In order to obtain the qualification, you will need:

- prior preparation which guarantees a threshold of entry-level competencies;
- group work, with didactic support, during the modules and in the periods between modules, in order to consolidate the acquisition of competences;
- the elaboration of a final individual work corresponding to the complete preparation (theory and experience) of a training module.

### **How to register**

From today until 31 MARCH 2024, applications will be accepted by filling in the form below:



The application must be accompanied by a personal letter of motivation, documentation proving the requirements (facilitator's diploma, diploma in extensions/applications, diploma and possible material for dissemination of the workshops offered, etc.) and a letter from the School's Management vouching for the veracity of the declared requirements.

Final enrolment will be communicated by e-mail at the end of June 2024. The admitted student will receive all the detailed information about the payment of the training module and accommodation.

### **Cost of the training**

Payment for the course, excluding travel and accommodation costs, can be made in two ways:

- 400 euros for each individual module
- 1000 euros for the 3 modules, in a single payment

*We greet you with enthusiasm, motivated by the desire to respond to your needs and those of the training schools, working to offer the best quality of transmission of the Biodanza System.*

*The Didactic Europe Oceania Asia Africa group*



## ANNOUNCEMENT OF THE DIDACTIC COURSE SOUTH AMERICA

**Dear Biodanza Facilitators:**

**We invite interested persons to apply to participate in the  
1st Didactic Training Course of South America 2024/25  
organised by the International Federation of Biodanza.**

In order to continue the work of our beloved teacher Rolando Toro Araneda and to expand our mission, we invite those who are interested to apply to participate in the Didactas Training Course 2024-2025. We propose to realise the unique pedagogical project of Didact Training elaborated by the 24 members of the Organising Group of the Course in the World 2024/25, endorsed by the IBFed Methodology Commission and approved by the Federal Assembly on 21 November 2023. The aim of the pedagogical project is to enable the qualified Didactas to professionally deploy their competences: teaching in training courses in Biodanza schools, supervising students in practice, guiding monographs, creating study groups for thematic deepening, presenting Biodanza in different environments and accompanying the facilitating teachers in these processes.

The course, run by the 8 members of the Organizing Group of South America, who subscribe to this call, will be held in 3 modules: Wednesday 7 to Sunday 11 August 2024 (Carlos Paz, Argentina) - Tuesday 18 to Saturday 22 March 2025 (Santiago de Chile) and from Wednesday 10 to Sunday 14 September 2025 (South of Brazil, place to be defined).

In each of the modules will be offered: 5 vivencias, 6 master classes, 4 classes of deepening in movement, group work of 12 students with the accompaniment of the teacher-trainers. In the first module, a diagnostic evaluation of the participants will be carried out in order to identify the themes to be reinforced in the accompaniment in/between the modules. For the qualification as a Didactic Trainer, the participants in pairs must prepare and present a final synthesis paper, with the supervision and approval of their teacher trainer.

The course teaching group will depend on the number of applicants admitted (1 teacher for every 12 didactic trainees) and will be made up of members of the organising group (8) and the didactic trainees invited to each module (2 to 10) who will be chosen from the list of recommended candidates drawn up by the school directors's associations in the area, giving priority to those who meet the conditions of experience and expertise required.



The course has a maximum capacity of 180 participants, who will be chosen from among those who apply and meet the following admission requirements: who have facilitated a regular group for at least two years and are qualified, who have taken at least one Biodanza extension and/or are taking modules in schools and/or accompanying the training school group. It is recommended that they facilitate at least 5 biodanza workshops and/or biodanza extensions in which they have been trained. Each application must be accompanied by a letter of endorsement from the Director of the school where they have been trained, are attending or accompanying, which certifies that they meet the requirements.

The pedagogical fee will be U\$S400 for each module, which can be paid in a single payment of U\$S1100, plus the budgeted amount for accommodation with full board in each module, depending on the date of registration.

To participate in the course, facilitators from the region (Argentina, Brazil, Chile, Uruguay, Peru, Paraguay and Bolivia) must complete the following application form, in which they assume the commitment to attend and pay the course fees:



Applications will be received until 31/03/2024 and/or until the maximum number of participants is reached. And, within 30 days of receiving the application, the organising group will inform the admission or rejection of the application (for not meeting the requirements or being full of participants). For further information, please contact: [formaciondidactas@gmail.com](mailto:formaciondidactas@gmail.com)

With joy, we welcome you to this wonderful opportunity for personal and collective growth and expansion.

ORGANISING GROUP of the AMERICA del SUR course  
INTERNATIONAL FEDERATION OF BIODANZA  
*Andreina Acri, Danielle Tavares, Elisa Gonsalves, Fernanda Morixe,  
Juan Francisco Gavilán, Laura del Piano, Raul Terrén y Victor Beziner*





## ANNOUNCEMENT OF THE DIDACTIC COURSE CENTRAL, NORTH AMERICA AND VENEZUELA

**Dear Biodanza Facilitators:**

**We invite all those interested to apply to take part in the  
1st Didactic Training Course Central, North America and Venezuela 2024/25,  
organised by the International Federation of Biodanza.**

The course will implement the Didactic Training Project elaborated by the Organizing Groups of the World 2024/25, endorsed by the IBFed Methodology Commission and approved by the Federal Assembly on November 21, 2023. The pedagogical project aims to enable qualified Didactas to professionally deploy their functions: supervising students in practice, guiding monographs, creating study groups for thematic deepening, presenting Biodanza in different areas and accompanying teacher facilitators in these processes, teaching in training courses in Biodanza schools; in the course of time it enables the application to be a Trainer in Extensions and Applications as well as to lead Biodanza schools.

The course will take place in 3 modules: 1st module from 23 to 27 October 2024 (in Colombia/Venezuela), 2nd module from 30 April to 4 May 2025 (in Mexico/Venezuela) and 3rd module from 22 to 26 October 2025 (in Colombia/Venezuela).

The course will be held simultaneously in two venues:

Venezuela, Colombia 1st module

Venezuela, Mexico 2nd module

Venezuela, Colombia 3rd module

In order to apply, applicants must meet the following admission requirements:

- Have 2 to 4 continuous years facilitating a regular group since graduation.
- Have taken at least one extension of Biodanza.
- Each application must be accompanied by a letter of endorsement from an official IBFed school director.



**The cost of each training module will be:**

**For Central and North America:** (Canada, U.S.A, Mexico, Cuba, Costa Rica, El Salvador, Guatemala, Panama, Honduras, Nicaragua, Dominican Republic, Colombia, Ecuador, Peru.) 400 Dollars each module, or a single payment of 1,050 Dollars at the time of registration (additionally each module will have a cost for accommodation and food that will be between 350 and 400 Dollars depending on inflation, this must be paid 60 days before each module).

**Only for Venezuelan residents in Venezuela:** 350 USD each module, or a single payment of 900 USD at the time of registration (additionally each module will have a cost for accommodation and food that will be between 280 and 340 USD depending on inflation, this must be paid 60 days before each module). Venezuelans who do not reside in Venezuela but want to take the training in Venezuela will have the same module cost as in Central and North America.

In order to participate in the course, facilitators must complete the following application form, in which **they assume the commitment to attend and pay the costs:**



Applications will be received until 31/03/2024, and within the following 60 days the organising group will inform the acceptance of the application.

For further information, please contact: [cursodidactasamericacentroyven@gmail.com](mailto:cursodidactasamericacentroyven@gmail.com)

It is with great joy that we welcome you to this first wonderful opportunity for personal and collective growth and expansion.

ORGANISING GROUP of the Course of Central, North America and Venezuela  
INTERNATIONAL FEDERATION OF BIODANZA

*Andreina Acri, Luzvian Saray, Myriam Sofía López, María Dolores Díaz,  
Florelena Pérez, Tania Jadraque, María Gracia Parra, Luis Alberto Vallejo.*



## UNIQUE DIDACTIC TRAINING PROGRAMME

In accordance with:

- the provisions of the Federal Regulations
- all the experience gained in the development - and subsequent evaluation - of Didacta courses from 2012 to the present day,

a working group of 13 persons consisting of:

- members of the IBFed Board of Directors
- members of the IBFed's Methodology Committee
- experts in the didactic organisation of previous courses
- experts in pedagogy and didactics

has elaborated a Unified Programme that can be respected in future IBFed Didactic Courses and can guarantee uniformity didactic courses and can guarantee uniformity in the preparation of future didactic teachers all over the world.

### **PILLARS OF DIDACTIC TRAINING** (according to the IBFed Regulations)

1. Updating and deepening of the theoretical and methodological knowledge of Biodanza.
2. Understanding of the learning process, both from an empirical, neuroscientific and pedagogical point of view, as well as from the point of view of acquiring educational resources:
  - Learning to organise and teach modules of the Unique Programme in training courses in Biodanza schools, supervise students in practice and guide monographs.
  - Acquire knowledge of learning processes and how to promote them (from a cognitive and experiential point of view).
  - To build collective learning processes: to learn to use practices that promote critical questioning and empirical scientific thinking and to integrate the principles of Biodanza into practice and theory in schools.
3. Deploy the awareness that the professional practice of the didactic teacher will be organically articulated with the local functioning through the schools (management team and students of the schools), reinforcing the sense of unity and shared growth in bonds of reciprocity.
4. Ensure the development of the following competences:
  - Mediating the learning process
  - Improve the capacity for reflection
  - Improve their capacity for experiential learning
  - Building collective learning process
  - Use of ICT (information and communication technologies) adapted to scientific learning techniques (SLT - scientific learning techniques).



**We propose to achieve these objectives on the basis of the following programme structure** (the distribution, choice and detailed definition of the topics per module will be left to the organisation of each region and in accordance with the needs and availability of the didactic trainers).

**1. Past experience has shown the great need to deepen all the basic themes of Biodanza, both theoretical and practical (movement-dance) and methodological.**

Therefore, a minimum of 12 training sessions will be devoted to the basic theoretical and methodological themes of the system.

Theoretical and methodological themes of the Biodanza system (Theoretical Model, Identity and Integration, Vital Unconscious, Biocentric Principle, Mechanisms of Action, Affectivity and Contact, Trance and Regression, Vivencia as a method, Musical Semantics, Group, Reading the levels of evolution)[1].

A minimum of 9 sessions will be devoted to movement development (based on movement categories), also to improve the ability to induce experiential learning based on movement.

In addition to these fundamental topics, it is considered important that the programme of each course should include at least 1 session dedicated to topics of topical interest [2].

It is also considered necessary to offer at least 2 training sessions to enable young teachers to be familiar with the history of Rolando Toro and Biodanza and to know the current organisation of the Biodanza Movement in the world.

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[[1] The following are examples of topics that are considered appropriate because they have already been successfully developed in previous didactic courses, or deduced from the evaluation of the reinforcement needs of the participants in previous courses:

1. The Theoretical Model of Biodanza
2. Identity and integration as a process
3. Biological, neurophysiological and existential effects of "trance and regression" (Epigenetics)
4. Vital Unconscious and Numinous Unconscious - Approach within the Biocentric Principle
5. The Biodanza process as a generator of "structuring moments".
6. Systemic coherence of the mechanisms of action and evolutionary transformation in the process of Biodanza (what it is and what it is not).  
Biodanza (what is and what is not Biodanza).
7. Affectivity and language of contact
8. Musical semantics - Music applied to the exercises.
9. Importance of groups and their specific dynamics.

[2] Some examples:

1. Identity and Gender (reflection on the impact on the practice of Biodanza) 2.
2. The approach and the contribution of Science in the Biodanza System



2. In order to promote and support the pedagogical competences of the participants, 8 sessions dedicated **to learning the pedagogical principles and accompanying attitudes** necessary for the effective performance of the duties of the didactics teachers are deemed necessary.

The basic fundamental themes are the following, to which others may be added if deemed necessary and/or possible depending on the presence of accredited teachers:

1. The mission of the didacta and facilitator of Biodanza according to Rolando Toro Araneda.
2. Diversity in learning mechanisms (how the didactic teacher should open up and adapt to different ways of learning)
3. Biocentric pedagogy
4. Principles of functioning of Biodanza Schools (Unique Programme, Systemic Process of Learning)
5. Preparation of a School Module
6. Supervision of Classes and Group Processes
7. Methodology to guide the "Biodanza Teacher Qualification Monograph".

The programme will be developed through individual, pair and group work to stimulate the capacity for learning and study, theoretical reflection and formulation and expression of the concepts of Biodanza, capacity for exchange and synthesis (within a systemic vision of Biodanza and non-specialist).

During the training, each participant will also be supervised by a tutor who will accompany him/her in the learning process and in the development of a final work of experiential reflection, consisting in the elaboration of a training module (theoretical and experiential content) included in the Unified Programme of Biodanza Schools (excluding the methodology modules).

### **3 Development of competences**

After analysing the results obtained in previous didactic courses, it became clear that there was a need to implement a system of accompaniment during the course to guarantee the quality of the participants' performance.

For this reason, a programme is currently being structured to analyse and verify the competences necessary to access the course, as well as those necessary to effectively certify the completion of the didactic course. If the person does not satisfactorily achieve the pedagogical objectives, he/she will be guided towards a process of improvement in accordance with the guidelines of the organising didactic team. In this case, this person will receive a certificate of participation and after a re-evaluation may receive a diploma. This process will be the responsibility of the course organising team. Therefore, participation in the 3 modules does not in itself guarantee the award of the diploma.



## **Didactic material**

The didactic pedagogical commission will be in charge of choosing the basic didactic material to be included in all didactic trainings on the basis of materials already used in previous courses and material that will be further developed according to the needs of the programme. Apart from the training modules and catalogues, the lectures and the developed topics must be accompanied by written support material.

### **Didactic Pedagogical Commission (in alphabetical order)**

Andreina Acri; Angelica Scotti; Creusa da Silveira, Danielle Tavares; Elisa Gonsalves; Fernanda Morixe; Gabriella Freyhoff; Helene Levy; Juan Francisco Gavilán; María Dolores Díaz; Myriam Sofia López; Raul Terrén; Sergio Cruz.



## NEWS FROM THE 2024 WORLD CONGRESS

Registration for the World Congress to be held in Venice in June 2024 has already reached **1,700 participants**. The quota will close at 2,000 registrations. All those interested are invited to register as soon as possible!

On the other hand, the possibility to submit proposals for vivencias, lectures and artistic activities has already been opened.

All the information can be found on the Congress website.

Access to the Congress  
website

Finally, if you are a director, remember that on Wednesday 12 June at 10:00 a.m. we will have a meeting during the Congress. We are waiting for you!

BIODANZA WORLD CONGRESS  
ITALY 2024

International  
Biodanza  
Federation

IBFed  
International  
Biodanza Federation

From 13 to 16 June 2024  
Lignano Sabbiadoro (Venezia) - Italia

[www.biodanzacongress24.org](http://www.biodanzacongress24.org)



# REPORT OF THE METHODOLOGY COMMISSION 2023

The Methodology Commission is very pleased to inform the Biodanza community of the work we have done this year.

We continue to work in sub-commissions, each one in charge of work of great impact for our Biodanza movement.

The Methodology Commission during this year was formed by:

Myriam Sofia Lopez, Colombia. General coordinator of the commission.

Sergio Cruz, Italy. Subcommittee of Music and Exercises.

Emilse Inés Pola, Argentina. Subcommittee on Music-Exercises and Science and Research.

Marcus Stueck, Germany. Subcommittee on Music-Exercises and Science and Research.

Fernanda Morixe, Chile. Subcommittee on Notes, coordinator of the pilot project.

Angelina Pereira, Brazil. Notes Subcommittee.

María Dolores Diaz, Venezuela. Subcommittee on Science and Research and Notes.

Gabriela Freyhoff, Germany. Subcommittee on Notes.

Maite Bernardelle, Spain. Notes Subcommittee.

Juan Francisco Gavilán, Chile. Science and Research Subcommittee.

Sandra Salmaso, Italy. Subcommittee on Applications and Extensions.

Lea Isabel Zamora, Mexico. Subcommittee on Applications and Extensions.

## **Applications and Extensions Subcommittee**

The application and approval pathway for new and existing Extensions and/or Applications has been refined. The guidance will consist in assigning a curator to accompany the author in the elaboration of the protocol and in the understanding of the characteristics that the new proposal must meet to be considered an application or extension coherent to the biocentric principle and to the theoretical model of Biodanza.

We have continued to update the list of existing extensions and applications up to now.

The list can be consulted on the website of the federation [www.biodanza.org](http://www.biodanza.org).

For 2024 it will be our care to further update the list of Extensions and Applications in the training booklet n°18.

Teachers who are not yet on the official list are requested to submit specific documentation for authorisation.

Contact: [comision.met.extensiones@gmail.com](mailto:comision.met.extensiones@gmail.com)

Sandra Salmaso, Lea Isabel Zamora, Myriam Sofia López





## Subcommittee of Music and Exercises

At this moment our main priority is to rescue the basic exercises of Rolando Toro Araneda from the "Sistema Biodanza".

After some months of intense internal dialogues in our subcommission to define where we were going to start, we set ourselves on what we found of absolute priority in this historical moment of expansion of the Biodanza method worldwide: to recover and reorganize the official exercises and musics left by Prof. Rolando Toro Araneda in his long years of work, research and development of the Biodanza System.

We have decided to start looking for the last Catalogue, "IBF-CIMEB 2012", where all the exercises of Biodanza are described, for which we have reviewed the IBF Catalogues 2005, then the Catalogue 2009 from where some exercises of the fluidity series were taken. Rolando Toro himself told us several times that it was hasty to remove them from the official list of Biodanza exercises.

**Historical Review, which justifies the work of this sub-commission this year.** *In the 2009 catalogue there were a number of exercises that were named but did not have their descriptions. When preparing the 2012 catalogue, the 2009 catalogue was taken and the fluidity exercises that were in the previous 2005 catalogue were added, with a group of facilitators named in CIMEB 2012, who have worked for years with Professor Rolando Toro.*

*After comparing and studying these catalogues, it was decided to describe the exercises that were not described exactly as Rolando explained and demonstrated them. In this way the descriptions were written as closely as possible to Rolando Toro's descriptions and elaborations.*

*We found some descriptions of two sequential dances that needed corrections (Dance of Friendship and Dance of Creation), where we had to look for clearer references from former facilitators, such as Almira Rocha's books of "Sequential Dances", as well as in one of Maria Lucia Pessoa Santos' books, where she also describes these dances exactly as Rolando did them originally.*

This was the reason that made us choose in the "sub-commission of music and exercises" the work to start studying again the descriptions in the whole cast 2012, verifying the fidelity of the development of each dance exercise, even maybe semantic corrections. It is essential to have an official cast of Rolando Toro Araneda's exercises and music, in their original Spanish version.



We will continue to work in 2024 in the current IBFed Methodology Commission, verifying in this total group of directors from around the world the observations studied by this Sub-Commission. This will allow us to start revising the 2012 catalogue in its various language translations. We have already verified small errors of translation and interpretation of the original texts in Spanish, we are in the process of investigation, we will inform you in due course.

Sergio Cruz, Emilse Inés Pola, Marcus Stueck, Myriam Sofia López .

### **Science and Research Subcommittee**

The **Bionet database** is now online, as of 6 December ([www.bionet-research.com](http://www.bionet-research.com)). It contains scientific articles, books, doctoral theses, teaching dissertations on Biodanza and scientific monographs of Biodanza schools. If you have an interesting monograph you would like to publish, please send it to [info@bionet-research.com](mailto:info@bionet-research.com).

We will be happy to receive **scientific articles** if someone would like to write something ([info@bionet-research.com](mailto:info@bionet-research.com)).

We have good news for you!!!! There is a **scientific journal**, "Ciencias Biocéntricas", which is preparing an issue on Biodanza research ([www.bionet-research.com](http://www.bionet-research.com)).

We have developed a **structure for the production of scientific monographs** in schools. We reported on this in the last newsletter, the importance of publishing the phenomenon of biodanza, testimonies of works in different fields. Work done by Biodanza Facilitators that we need to make visible. We are currently working to continue this project.

In December a **scientific study on the Minotaur Project** was carried out in Latvia, at the Baltic School of Biodanza in Riga, in cooperation with the Institute of Immunology of the University of Leipzig and the International Academy of Biocentric Research Leipzig (Marcus Stueck, Anete Raykova, Vineta Greaves, Oscar Imbernon, Sebastian Mueller-Haugk, Ulli Sack). Saliva (cortisol, testosterone, oxytocin, immunoglobulin A), physiological parameters (blood pressure, skin hypersensitivity) were analysed in relation to anxiety thresholds and other psychological variables. First results will be published shortly ([www.bionet-research.com](http://www.bionet-research.com)).

Marcus Stueck, Emilse Inés Pola, María Dolores Díaz, Juan Fco. Gavilán, Myriam Sofía López



## Notes Sub-Committee

In this sub-committee we set out to meet the needs of Directors and Didactic Teachers from all over the world and therefore give priority to keeping in touch with them.

In this context:

1. We started by checking all the training texts in Spanish (provided by the SRT model school in Santiago). We checked that they were correct. They have been shared on Drive for all members of the Commission.

2. In a second step, we conducted a survey that revealed the needs of the directors in relation to the theoretical material. This survey was only answered by 68 schools from all over the world. Nevertheless, it served as a reference for our work. The texts that needed to be completed most urgently were:

- a- Psychological aspects of Biodanza.
- b- Physiological aspects of Biodanza, and
- c- Biological foundations of Biodanza.

The results also revealed that the Portuguese and English translations need to be revised.

3. We decided to start a pilot project to complete the text on the psychological aspects. For this, we needed the directors to nominate didactic experts in this area who were interested in collaborating with the project.

Subsequently, we held a meeting with the representatives appointed by the associations and all school directors around the world.

Due to internet limitations, some were unable to attend. They were informed about the results of the survey and also about the Pilot Project on the topic Psychological Aspects, asking for nominations of teachers who would like to collaborate.

4. All this work of the Methodology Commission was presented in a special bulletin to all associations.

5. A total of 12 experts were received for the pilot project and were asked to translate their ideas and proposals into an accompanying text based on Rolando's material.

There were 2 moments of revision. Then, the 10 people presented their proposals, and in a second stage the materials generated were socialised among the experts.

In this phase of the project there was a change in the coordination: Dalila Zoti left and Fernanda Morixe took over. In several meetings, the objective of the texts and the procedure for setting up and coordinating the pilot project were defined.

It was decided to start with a group of 6 experts who had expressed similar views on the content.



6. The first meeting with this group was held on 14 December, where the participants introduced themselves and their professional background. The first ideas for working together were collected. A second meeting was scheduled for 20 December.

7. The sub-commission decided to divide the group of experts into two groups. The first group will produce in group writing a complementary material for the Psychological Aspects theme and the second group will revise and complement the text.

8. At the same time, the following actions were discussed and planned:

- delivery of the materials of the last didactic course via the intranet.
- integration of the materials drafted by Rolando Toro from the volumes
- organisation, coordination and revision of the translation of the texts into Portuguese and English (Angelina and Gabriela).

Miriam Sofia López, Angelina Pereira , Fernanda Morixe, Gabriela Freyhoff



## REPORT OF THE ETHICS COMMISSION

### **Towards a Biodanza Code of Ethics, to facilitate and allow the evolution of the Biodanza System**

*Comprehensively lived, Biodanza is an ethic of life....*

From the Ethics and Deontology Commission we announce to the Biodanza Community that we are in the process of preparing a Document that we will call the IBFed Coexistence Agreement.

This Coexistence Agreement will reflect the profound work that precedes it, adding views, opening perspective, without the intention of defining positions. It contains the essence of the work on ethics and deontology already existing so far in Biodanza.

The choice to call this document a "**Coexistence Agreement**" is the first major step forward that we have synthesised during our work.

### **Ethical Consciousness**

Ethics comes from Ethos, behaviour, and implies a way of being in the world. Ethics has an ontological background, an inner condition, it is an inner attitude that has affectivity and conscience as essential components.

The supreme level of the human condition is ethical awareness. To understand that to be with the other means to be with oneself.

Empathy, the ability to enter into the situation of others, is the essential condition of ethical conscience.

Rolando Toro Araneda.

Source: Project of the Deontological Ethical Code of self-regulation of Biodanza Teachers

This Coexistence Agreement will be addressed to:

Facilitators, students under supervision, didactic teachers, school directors. Considering that all these people in their respective roles share the same responsibilities as Biodanza professionals.

**“It is not so much the ideological consistency of the Human Being that interests us, but rather its emotional consistency.”**

The IBFed Ethics and Deontology Commission



## NEW SCHOOLS

In the last months of 2023, three new schools have seen the light of day within the Federation, all of them in Spain. We welcome them to our community:

SCHOOL	COUNTRY	MANAGEMENT	ASSOCIATION
ESCUELA DE BIODANZA SRT - Oribá, Córdoba	SPAIN	Aline Reis	AEBE
ESCUELA DE BIODANZA SRT - Malac, Málaga	SPAIN	Mayte López Carrillo	AEBE
ESCUELA DE BIODANZA SRT - Oceánica, Cádiz	SPAIN	Sofía Carrizo	AEBE

## LOOKING FOR A PLACE

I feel a bit lost lately.

I'm looking for a place to live.

A place that is truly mine.

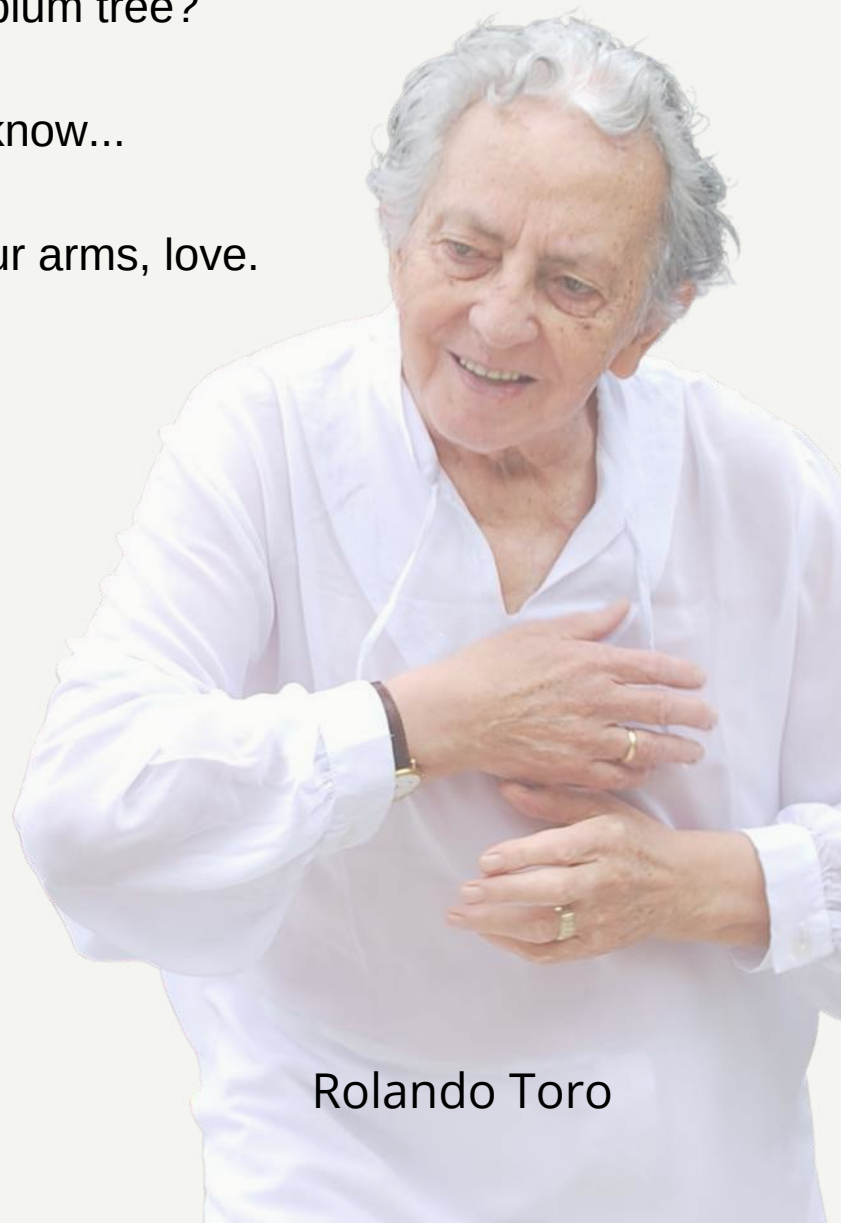
In the hollow of the night?

At the edge of the cliff?

Under the plum tree?

I don't know...

A place in your arms, love.



Rolando Toro