

Ausbildungsinstitut

Meditation des Tanzes – Sacred Dance



IntensiveTraining

2024 - 2025

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MEDITATION DES TANZES

Meditation and self-awareness in dance

"Dance is disengagement, is freed movement, it is wakeful liveliness. The one who dances attunes himself to the rhythm and becomes alive with the music." Jörg Zink It is intrinsic to the dancer to take a holistic approach to things. In dancing, the human as a sensual-spiritual being, can express an immediate and spontaneous joy of life, and, without words, articulate all inner movements of the soul. Dance can also be prayer, yet not only in the quiet steps of the andante, but also in the joyful leaps of the allegro vivo.

With Meditation of the Dance, a dance form was created which encompasses wisdom, beauty, and a third quality: mindful togetherness. With Meditation of the Dance, I am showing the way to an "alternative dance" which, in its symbolic character, also has a lot to do with philosophy and is followed with joy by both young and older people. The symbolism of the dances is reflected in the structure of the music accompanying the dance, in time, rhythm and form. The chosen topics are intended to be re-experienced and re-enacted in dance. In dance, the individual is enabled to truly explore and experience oneself and oneself "instrument", the body. - Here exercises from the classical ballet are important, necessary and helpful. Only then, will the dancers begin to understand themselves. Thus, Meditation of the Dance - as a living answer to the quest for meaning - can become a path of self-discovery, whereby working in the group also breaks down the walls of loneliness which so many have built up around themselves today.

SACRED DANCE

For centuries dance and religion – at least in the Christian tradition – seemed to be incompatible. Yet what would art be, what would it be announcing to us if not quite simply our connection with the Most High, the Divine.

MÉDITATION EN CROIX

Classical dance training From its very alignment and orientation, classical dance is a meditation in the form of the cross. From the study of the positions we learn about the law of harmony which the Greeks sought and found. Thus training the body becomes a means of training the spirit.

TEACHING SUBJECTS

• Meditation of the Dance • classical training • music / rhythm (by guest lecturers) • body training, training in spatial awareness • perception training and mutual correction • brief introduction to didactics: (helpful texts, commands - by guest lecturers) • theory: introduction to the various topics • symbolism • numerology / video recordings

WHO IS ELIGIBLE?

This intensive training is open to professionals engaged in social and church work and in the fields of health and education. It is also suitable for those who have already practiced meditation and dance for some time and who want to go deeper into Sacred Dance - Meditation of the Dance. On completion, the participants are entitled to use the dances studied on the course, also didactically, in their own professional fields.

Participants will receive a diploma on completion of the 3 modules.

Venue: Dalgan Park, Dublin Road, Navan Co. Meath C15 AY2Y

Seminar Fee per module:

A- rate € 1.520,00

B-rate € 1.370,00 (for people with low income)

Your place will be reserved on receipt of the workshop fee per module but commitment is necessary for all three modules. You will receive confirmation of your booking. Closing date for payment: 20th Nov 2023

Accommodation and Meals

Accommodation has to be paid on arrival - € 85.00 per night

NOTES: It is advisable to have travel cancellation insurance
Bank account details to be confirmed

Booking Form and full amount to be sent to:

Carmel Lowther – 11 Drynam Court, Swords Co Dublin K67 NN53
Murlow1@gmail.com