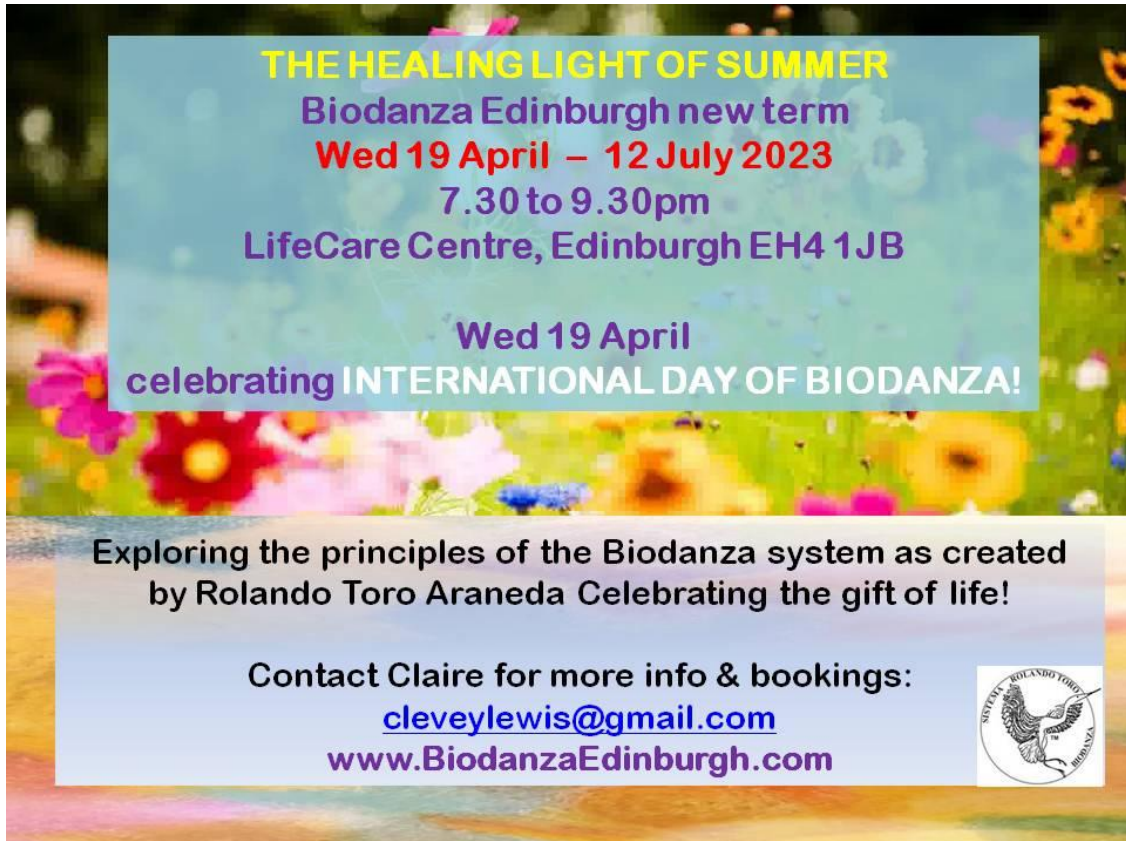


THE HEALING LIGHT OF SUMMER

Biodanza Edinburgh new term
Wed 19 April – 12 July 2023
7.30 to 9.30pm
LifeCare Centre, Edinburgh EH4 1JB




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Wed 19 April
celebrating **INTERNATIONAL DAY OF BIODANZA!**

Exploring the principles of the Biodanza system as created
by Rolando Toro Araneda Celebrating the gift of life!

Contact Claire for more info & bookings:
cleveylewis@gmail.com
www.BiodanzaEdinburgh.com



The Summer light has returned and we can feel the healing warmth of light in our skin as we enjoy more sunlight in our days.

Biodanza also brings us a feeling of warmth in our skin which comes from the natural endorphins and healthy neuro chemicals that are stimulated through our body during the class - from the activation to the relaxation.

This term we are going to learn about how Biodanza helps heal the body, mind and emotions through these physiological effects of our dances. There is a broad and wide scientific basis to the theory and method of Biodanza practice that is continually updated from Rolando Toro Araneda's first theoretical observations.



Photo by Anna Wiraszka

One of the most fundamental aspects of the Biodanza technique that brings healing to us on a holistic level, is the natural and integrated contact that we share, in feedback, during the class. From holding hands to dancing in a train, relaxing each other's shoulders and communicating through touch in gentle, respectful and soothing ways, Biodanza gives us an opportunity to develop affective non-verbal communication with others, within ourselves and with the world around, even just through eye contact which transmits feelings far more clearly than words can often do.

Touch, shared through relaxing and healing caresses, with music, with feedback, with respect, becomes a dialogue of movement and a form of expression and relating that we need in our lives to connect and enliven our whole being.

The scientific research into the healing effects of contact and caress is vast! There are many studies that show that contact is essential for health and wellbeing - for actually staying alive! We will share more about all of these insights into Biodanza principles and theory as well as going on a deepening journey to experience these healing effects.

Wed 19 & 26 April are open classes

for new people coming along to experience Biodanza or joining our group.

Then from **3 May to 12 July** we will begin our deepening journey of **The Healing Light of Summer with a specific theme for each week** which will we share as the term develops. It will include all 5 instinctive roots (lines) of vivencia of the basic Biodanza theory.

On the **26 April** I am celebrating my birthday and would love to bring lots of new people to come and try Biodanza - 50 something is a good number to go for!!
Let's do it!!



Photo by Anna Wiraszka

There will be Introduction and sharing at the beginning of welcome classes - 19 & 26 April - and sharing specific to our theme for our classes on the deepening journey.

See you there! Claire ❤️

email: cleveylewis@gmail.com

Payments:

In cash (on the night or in advance) or by bank transfer

19 & 26 April £12/14 - depending on your income
(low income/retired £10)

*26 April - bring a friend for free

Deepening term:

4 week consecutive block - £46
full 11 week term (3 May - 12 July) - £110
drop in £14

For anyone who otherwise not be able to attend, there are concession rates. Just let me know.

Bank transfer:

Bank of Scotland
Claire Lewis Biodanza
Account: 00121085
Sort Code: 80-17-68