

CONTINUING EDUCATION CALENDAR 2025–2026

"Rebirth as facilitators, rediscover yourself"

A residential path of transformation and regeneration at **Centro Gaja**

Open to certified facilitators, students in training, former facilitators, and dancers in evolution.

Recognized as a cycle of methodologies / continuing education.

Each weekend is a complete experience, with a dedicated certificate for those who attend at least 5 modules.

1. ● October 11–12

🎓 “The Body of the Sacred Gesture” – Living Anatomy of Biodanza Exercises

Returning to the source: exploring the official list of exercises not as something to memorize, but as a **living language to embody**.

A module to rediscover the poetic precision of instructions, the power of demonstration, and the quality of *vivencia* as an act of ethical and affective transmission.

✦ With video tutorials, practices, critical contemplation. An embodied grammar.

2. ● November 22–23

🎵 “The Invisible Power” – Musical Semantics and Emotional Alchemy

Every piece of music is a doorway. In this module we learn to choose not only with the mind but with the **intuitive heart**: the art of evoking emotions, touching the deep body, and building a session that speaks to the biological unconscious.

For facilitators who want to listen to the silence between the notes – and dance it.

✦ Musical explorations, sound biographies, emotional maps, listening laboratory.

3. ● December 13–14

🌀 “The Session as a Rite of Passage” – Part 1: Form, Flow, Perimeter

A well-conducted session is not just a set of exercises: it is a **symbolic journey, a narrative arc**. We explore how to build a session as a transformative experience, where every detail (perimeter, transitions, curves) becomes a ritual gesture.

✦ Tools for conscious design, scenic vision, and pedagogical sense of time.

4. ● January 17–18

🔥 “The Heart of Ceremony” – Part 2: The Art of Leading, the Art of Feeling

An immersion into the art of holding the field, reading the group, and choosing exercises with care and resonance.

Supervision, feedback, and practical exercises to train one’s **inner voice as a guide**.

✦ Biocentric facilitation, reflective practice, shared experience, peer feedback.

5. ● February 14–15

🌍 “The Weekly Course: The Art of Sowing” – Continuity, Relationship, Impact

The weekly course is the deepest path of ongoing transformation.

We learn how to promote it with truth, structure it ethically, and make it a mission in service of the social fabric.

✦ Communication tools, community building, pedagogy of impact.

6. ● March 21–22

👥 “The Group as an Organism” – Invisible Dynamics, Collective Transformation

The group is a living field that breathes.

We learn to read subtle dynamics, welcome complex emotions, and transform projections into alliances.

✦ Emotional laboratories, talking circles, case studies, relational maps, elements of psychodynamics and advanced facilitation.

7. ● May 23–24

🔍 “Recognizing Change” – Evolutionary Assessment and Awareness of Impact

Transformation must be recognized, celebrated, witnessed.

How to evaluate real changes? How to give narrative and documentary form to the process?

We explore simple yet powerful tools to create reports, feedback, journals, and moments of restitution.

✦ Biocentric metrics, qualitative supervision, “*Who have I become?*” as a closing act.