



**Paola Jardim: Unleash Your Creativity! A taster of Biodanza – Fun, Powerful and Profound!**



Paula Jardim is a Biodanza facilitator with a background in music, education, socially-engaged arts, psycho-sexual counseling, community mental health, and Eastern psychology. Be prepared to connect with the profound depths of life (inside and outside of you) through dance, while embracing the whole that we form part of.

**TOP EMBODIMENT TIP:** Slow down enough to listen to the needs of your body, to connect to your body.

Being a Dancer: Insights of Practice

- **Be:** meaning *bias*, the life force that makes your heart beat.
- **Dance:** A specific type of dance: the one that wants to **connect with life**, a movement that is full of meaning, purpose, and connection that comes from the unfathomable depths of our being. Dance becomes a **tool for connection**, makes people get connected. It also helps emotional processing and healing, and makes room for celebration.

Biodanza: A Retribalization Process: A System That Reminds Us of Our Humanity.

- **Session format:**
  - **People are invited into a circle**, as they hold hands and come together as equals. They move together as one, sharing the same rhythm, and by so, remembering their oneness.
  - Then they are **invited to walk**, and to walk with an attitude (determination, open-heartedness, sensuality): This helps practice constructive attitudes towards life. *How do you want to walk through life?*
  - Then they **walk with one another**: they meet and find a common rhythm, letting go of their personal rhythm, pace, and intentions; coming together for a bigger purpose. *“To walk in hand is the strongest political act in the world”* R. Toro
- **Aims:** Connection, development of human potential, community and personal healing and processing of emotions.
- **Method:** Inducing of *“vivencias”*→ *lived experiences*.
- **Applications:** in educational, health and community care settings.

Sequencing of exercises:

- 1) **Slow down:** Listen to the body’s needs and breath (breathing dances): This helps to oxygenate the system, revitalize and connect with the joy of living.
- 2) **Dissolving tension, rigidity:** So that the body becomes receptive to pleasure. We open to the pleasure of living.
- 3) **Creativity:** Dancing to tap into our ability to concretize: make our dreams come true. What are we going to do with this life? What do you want to create? What or who do you want to become? ***Life as our greatest work of art.*** (dances to release the voice, of emotional expression, to visualize, imagine, dream)
- 4) **Love:** Dances to share with the other person, and to establish limits (enough is enough)
- 5) **Connection (transcendence):** To move out from the mistaken sense of self, of isolation: We feel each other and expand the sense of self: *I am you, I am my family, I am my society, I am my planet, I am one with the Cosmos.*  
Connection with myself | Connection to another | Connection to all that is

Resources

- ❖ **Website:** [paolabiodanza.weebly.com](http://paolabiodanza.weebly.com)
- ❖ **References:** Rolando Toro: creator of the Biodanza System (psychologist and anthropologist)



## Paola Jardim





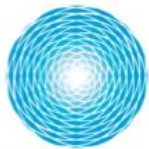
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The ***Path of Azul*** is a map for life designed to take participants through a journey of healing and self-realization utilizing dance and the body as vehicles for exploration. Azul has three gifts for all Embodiment Conference participants.



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