



Synapsa center (Israel) &
DanceLAB (Czech Republic) offering:

BodyVoice

Somatic education in Movement and Voice
integration for facilitators of creative &
healing processes

Guided by Smadar Emor (Israel) &
Rena Milgrom (CZ)

BodyVoice is a developmental, therapeutic and artistic method, that deals with archaic body and voice wisdom.

This somatic practice integrates voice and movement with Bodywork. The process allows new awareness that organizes the bodymind and emotions into full creativity and aliveness.

We invite therapists, artists and bodywork practitioners to join this journey.

BodyVoice

is a process of reconstructing organic connection linking breathing, movement and voice. This renewed basic connection enables to release the flow of natural healing forces, creative energy, vitality, and spontaneity. By that, it recovers the organic connection between body, mind, emotions and soul. Voice and movement are the main language of our inner life. Language reconnecting with our unconscious roots as well as our collective sources. Our vitality, health and joy emerges when connecting to these deep roots. During this process, we go through an "evolution", a re-development that recovers our connection with different conscious levels and modes of expression, accessible for us during the pre-linguistic period as children. This development brings us back to our body - a connection to our true authentic self and to the wisdom of natural healing. The process creates changes in the body-mind patterns as well in our relationship to ourselves and to others. It widens our capabilities of coping with the world from a place of creativity and mindful presence.

While returning to our body's natural rhythms, we experience release of the free voice, carried by the pulsations of our body's musicality.

Through the voice release, we open up to the colorful musical language of inner life, expressed by improvised dancing and singing. We can bring forth variety of voices within us, a variety of inner characters. The freed voice brings up the possibility to open blocked emotional traumatic experiences to a new flow of life. We access archaic body memories, and contact fully the world of vocal and visual images by entering the world of body rhythm, sounds and melodies of the present moment.

The themes of the program:

1. Foundation of the method: breathing, grounding, motion wave, pulsation, body presence, dialog, resonances, reflections.
2. Voice elements: volume, tone, textures, colors, resonant areas in the body, pitch, flow, energy, dynamic.
3. Developing reach possibilities of the vocal- movement language
4. Rituals
5. Healing circles
6. Inner characters and Archetypes
7. Image language
8. Musical structures for improvisation
9. From Flow to Structure
10. Working with songs and text
11. Composition in real time
12. Improvisation in circles

Goals of the program:

- Vitality, spontaneity, creativity, flow, flexibility, ability to improvise
- Bodily presence.
- Deepening the abilities for intimate and alive communication, with oneself and with others.
- Practicing support and empathy as source of harmonic growth.
- Develop a live and breathing central core
- Practice mental and physical relaxation in order to develop physical, emotional and spiritual intuition
- Access to the body's natural musicality
- Deepening the capacity to listen to internal rhythms, inner voice and impulses.
- Deepening and enlarging capacity for dialogue and regulation between the internal rhythms (I) and the external rhythms (the world).
- Expanding the possibilities for emotional expression
- Coordination and attention- distribution between four centers: mental, emotional, motor, instinctive (harmonic development)
- Balance between active and passive, between non-doing and doing, between the emergence of impulse and the action
- Expanding the inner space for silence and for emergence of movement and precise action from the space of silence.
- Exercising the ability to contain contradictions and rapid changes
- A combination of spontaneity and awareness that allow freedom of choice and being chosen
- Practicing a live and creative dialogue within the group
- Expanding the ability to express one's inner truth self, without fears and inhibitions
- Acquisition of skills for development of artistic expression in the movement and voice

BODYVOICE Method acquires skills for creative personal development, for artistic development and for training teachers and assistants in this method. The work draws from understanding and is inspired by: **Feldenkreis, Alexander technic, Laban Movement Analysis, Continuum movement, BMC, Hakomi somatic psychotherapy, Shamanic teachings of Maud Robar and Jerzy Grotowski.** Above all there is many years of personal studies, research and being curious about personal development through body wisdom.

Application procedure:

1. Curriculum Vitae (Czech or English)
 2. Letter of Motivation (in Czech or English)
- mail to: renadance@gmail.com + smadaremor2@gmail.com

Format of the program:

Four teaching blocks per year:
Winter - 5 days in Prague
Spring - 5 days in Prague
Summer - 5 days in Prague
Summer week 8 days in countryside

The blocks in Prague will always begin on Friday evening (5-9 p.m.) and will finish on Tuesday at 2 p.m.

Schedule 2018-19:

November 16-20, 2018
April 12-16, 2019
June 14-18, 2019
August 4-11

Price:

The whole program of 570 hours: **EUR 3.800,-** (not including Practicum)

The program can be completed in three years, but the applicant has an option to extend the studies according to his/her possibilities with an agreement of the faculty teachers.

The payment is paid separately for each teaching block, always paid 2 months prior to the teaching dates.

Price for each block (5 days) : EUR 275,-

Summer block (8 days): EUR 440,-

Facilitator/Teachers` Requirements:

1. Practicum: After finishing the program, the applicant is practicing within the group under the teacher`s supervision (5 day session).

2. Practice: The applicant is practicing on his/her own with an individual or a group (12 sessions).

3. Final exam:

Research project : written and demonstrated.

Contact: Rena Milgrom: renadance@gmail.com. 608435999
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www.somatika.cz

www.dancelab.cz

www.synapsa.co.il