APPENDIX

**APPENDIX**

**Extention of Biodanza in social fields.**

**Biodanza and Science in Social Action**

* **Profundity and use of the Intervention of Biodanza in different social contexts –**

**IBF- Academic Research Center and Network BIONET**

**Germany / Portugal / SPAIN / LATVIA**

**Through scientific empirical studies in Biodanza that started 1998 in Argentina and in Europe we have participated in many works in social emergency crisis areas, educational and cultural systems and institutions to introduce biocentric principles. We have worked in Schools, Clinics, Universities, in Muslim cultures and also in natural disaster areas with adults and children.**

**In this context, social action through the science is not only arriving to a vulnerable population. Through this science we can also reach professionals, teachers, medics, politicians and scientists who are able to change the social paradigm towards biocentric paradigms in institutions.**

**We explain different scientific findings about the Biodanza method in the field of Psychology, Neurobiology, Education, Rehabilitation and Psychotherapy.**

**With these findings, we give the affirmation that the science is a door opener which makes it possible to acess different social environments.**

With these findings, we can conclude that the effects of Biodanza with it’s many different participants and the role and personality of the facilitator, is able to guide psychological development and solve conflicts.

Through the extentions, specializations and in-depth knowledge in the method and methodology of Biodanza we can all become more knowledgeable, even without being scientists.

**Short version**

The extention consists out of 2 modules (Saturday – Sunday, each module 14 hours). 28 hours

**Long version**

The extention consists out of 4 modules (Saturday – Sunday, each module 14 hours). 56 hours

10-14 / 16-20

10-14 / 16-18

**Extra-Options**

In both modalities it is possible to offer extra conference in health or education institution

*University Conference*

**Dance and Wellbeing**

Scientific effect mechanisms and research findings about Biodanza

And the use in medicine, psychology and education

When we dance: what happens to the Immune – and hormonal system? Or in our brain and in our physiology, and which effects we have on our psychological wellbeing and behavior. In this lecture, an introduction into the research will be given about a method which works with dance, music and movement (BIODANZA) and its effect mechanisms on Wellbeing in children and adults. In recent years an increasing amount of studies have been done in the field of dance-oriented methods in psychology, medicine, and education on different parameters of wellbeing. These findings will be explained by Prof.Dr. M. S. , a researcher who started the research on BIODANZA together with his colleaque Dr.A.V. at Leipzig University in 1998 and continues it today at the International Research Academy in Leipzig. They have tested several evidence based, scientifically proven programs for kindergardens, schools, clinics, companies and elderly homes to increase wellbeing and published them (e.g. authors in “Dance and Wellbeing” Oxford University Press or in Dance, "Biodanza with children" in Body, Movement and Dance in Psychotherapy, Routlegde).

* **The NEWEST in Biodanza Research –**

**BIONET – Research Network and Training**

* **DOWNLOAD the Newest in Biodanza research, articles, ebooks**
* **Get a Counceling of your Projects Biodanza Research**
* **Learn how to use the BIONET Scales to evaluate Biodanza**



1. **Introduction to the Research Network BIONET**

BIONET is part of [IBF-Science Department](http://www.biodanza.org/en/ibf/departamento-de-investigacion-cientifica-de-ibf/3162-bionet-the-ibf-research-network) (RTS, under the support of the IBF-President Sergio Cruz (stand: October 2017). It supports worldwide the [BIODANZA & Science](http://bionet.name/BIODANZAmeetsSCIENCE.docx).

The Research Network BIONET was founded in the first BIONET Conference 2012 at Educational University in Riga by Prof.Dr.Marcus Stueck, Dr.Alejandra Villegas, Prof.Dr.Guna Svence, Jorge Terren, Bettina Ber, Natasa Kern, Manju Pöllmann, Laura Terzoli, Vineta Greaves, Latvian Biodanza teachers and scientists out of 7 countries/universities. It spread in Projects across the world: e.g. Portugal, Mexico, Indonesia, Iran, Sri Lanka, Brasil.

BIONET is not only a contribution to the BIODANZA Research. BIONET links all Life Researchers from universities and experiancial life oriented disciplines (e.g. Biodanza, others),who accept the (Self)-Experience (Vivencia) as research method ([Fundamentals of Complete Science](http://bionet.name/dialogue-north-south.php) (Stueck, 2016).

*"Its no longer acceptable that the academic Science not accept the (Sef-)-Experience (Vivencia) as a research method. This leads finally to a seperation from body and mind" ([Stueck](http://bionet.name/CV_Marcus2017.pdf), 2016 "The Complete Science", S. 2).*

There are organized Conferences every 2 years (2012, 2014, 2016 (University Riga), 2018 (Islamic University Yogyakarta). The idea is, that Biodanza- teachers meets Scientists and Scientists dance or experience. The Conferences is organized in AREAS and GATES:

* **5 Research Gates** (1: Experience/Vivencia, 2: Qualitative Research, 3: Quantitative Research, 4: Laboratory Research, 5: Application) and
* and **3 Areas**: 1:Medicine/Biology, 2:Psychology/Education, 3: Others (e.g. Anthropology, Sociology, Architecture.

Aim of BIONET is to integrate experiencial methods (e.g. BIODANZA, Art-Expression) in a academic level and to start a scientific dialog between:

* **the Scientists of the South (Science of the Penguins):**.

e.g. "La Vivencia" and Biocentric approach of R.Toro and many Biodanza teachers worldwide, Biology of Trust, H.Maturana and others) and

* **the Scientists from the North (Science of the Polar Bears:**

e.g. Scientists who work on the basics of empirical science with critical reflexion, e.g. C.Popper, qualitative, quantitative researches on Life-Science). See [School of Empathy](http://bionet.name/SchoolofEmpathy.pdf) (Stueck, 2013).

To remain with the Research in Leipzig Marcus Stueck and Alejandra Villegas decided together with colleaques to found 2015 a Institute of Biodanza Research “Rolando Toro” at Leipzig. From there the IBF-Research-Network Bionet is coordinated. **Coordinators of BIONET are Marcus Stueck and Alejandra Villegas at the Institute of Biodanza Research in Germany:** [biodanzanews@gmail.com](mailto:biodanzanews@gmail.com)

1. **Actual BIONET-Projects Biodanza Research:**

There are many activities now worldwide about Science & BIODANZA, e.g. different BIONET-Projects. A list you can see at [www.bionet.name](http://www.bionet.name), e.g.:

- Portugal: Evaluation of 10 week courses with Care workers (Ana Silva, Luis, Marcus)

- Portugal: Evaluation Vitality/Sexuality classes (Susanna Agostino, Marcus)

- Brasil: "Biodanza:conectando moléculas à vida em movimento" (Biodanza: Connecting Molecules to Life on the Move) (Moises Cavalgante, Marcus Stueck and others)

- Indonesia: School of Empathy: Biodanza for children (research group at Islam University Yogyakarta, Indonesia)

- Germany/England: Biodanza Aquatica (Marcus, Alejandra, Uli Sack, Uli Balzer)

- Oxytosin and BIODANZA (Marcus, Alejandra, U.Sack, Uni Leipzig, DPFA-Hochschule)

**To add your research project in the list please write to biodanzanews@gmail.com**

The Biodanza research started at the university in Leipzig in 1998. To remain with the research in Leipzig Marcus Stueck and Alejandra Villegas decided to found 2015 a Institute of Biodanza research at Leipzig. From there the IBF-Research-Network Bionet is coordinated. **The BIONET - IBF Biodanza Research Network** was founded in 2012 with the support of Sergio Cruz.

BIONET organize Evidenzbasierte Biodanza – Educations. TANZPRO is a Synonym for dance oriented (Tanzorientierte=german language) evidencebased programmes since 2010. It starts with a Prevention-Project of the German Ministry of Health (2007-2011), where we educated 20 instructors in TANZRPO Biodanza for children. We evaluated the training and the effects of the instructor work in kindergardens and schools.

**Education of Instructors in Evidence-Based Biodanza programmes in Schools and Kindergardens, 4 Modules, every year:** [www.bionet.name](http://www.bionet.name)**,** [biodanzanews@gmail.com](mailto:biodanzanews@gmail.com)

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**Danceoriented Evidence-based Biodanza programme for children** (TANZPRO-Biodanza, M.Stueck, A.Villegas) based on the work of Rolando Toro, Cecilia Luzzi = Dance of Life.

10 sessions with travels through different countries for school and kindergarden children.

Scientific evaluation by M.Stueck, A.Villegas a.o

Next education in July in Leipzig: Information [biodanzanews@gmail.com](mailto:biodanzanews@gmail.com)

Every Participants receive a handbook and the music. You can start after the first weekend.

**Biodanza for children belongs tot he School of Empathy**

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**School of Empathy** Concept was created by M.Stueck (2013). The TANZPRO-Biodanza programme was developed by Stueck, Villegas, Schult, Greaves on the base oft he Biodanza works of Cecilia Luzzi. It contains teaching of 2 evidencebased methods with instructor trainings (e.g. in Germany, Indonesia, Mexico, Sri Lanka, Iran, Latvia: e.g. Leipzig/Baltic School of Biodanza).

1. **Danceoriented Evidence-based Biodanza programme for children**
2. **Evidence based Programme „Respectful Communication“** (M.Müller, N.Pörschmann), based on the Nonviolent Communication of M.Rosenberg= the language of Life. Scientific evaluation by S.Schoppe, M.Stueck

**MORE INFORMATION PLEASE WRITE TO biodanzanews@gmail.com**

**Literature**