



BALTIC BIODANZA FESTIVAL VIII

Peace in our hearts and in our world
Potentials of Biodanza in times of Transformation

21- 23 April 2023

Venue: Event Studio "Padejosim!", Brivibas gatve 401C, Riga

Program:

Friday, 21 April:

Presentations:

16:00 – 16:15 Introduction - Marcus Stueck (Germany), founder and director of the Baltic Biodanza school

16:15 – 16:45 Antra Sloka Jakovleva – "To create a connection with life! Being here and now - in psychotherapy and biodanza classes. With peace and love."

16:45 – 17:15 Vineta Grivza – „Physiological aspects of peace within us“.

One of the main goals of the Biodanza method is to restore the body's natural self-regulation ability and promote its natural potential. Rolando Toro, the author of the Biodanza method, emphasized the importance of biological/physiological factors in shaping our well-being and has said: "If my cells feel good, I feel good." The physiology of our body contains all the wisdom of nature since the beginning of life on earth and it is important to know and realize that we have the ability to optimize the functioning of our body and create more peace within us.

17:15 – 17:30 Break

17:30 – 18:00 Prof.Dr.habil.Marcus Stueck – „The psychological aspects of Peace in our Heart and in the World“.

The psychological aspects of peace, both within ourselves and in the world, are complex and multifaceted. Peace is not just the absence of conflict, but also encompasses a state of well-being, harmony, and resilience at the individual, societal, and global levels. There are some important psychological aspects of peace. They include inner peace, emotional intelligence, conflict resolution skills, compassion and empathy, cultural sensitivity and inclusivity, resilience and well-being, and education and awareness. By cultivating these psychological aspects of peace within ourselves and fostering them in our interactions with others and in our communities, we can contribute to a more peaceful world. In this presentation Marcus Stueck gives an introduction to his biocentric health theory, which was developed after experiencing various crises and also the current inhumane war in Ukraine. This theory tries to take into account the complexity of the subject and identifies fields of action that link spirituality, biology and psychology, as well as other perspectives to create conditions that allow to find peace in our heart and so also peace in the world.

18:00 – 19:00 Break

19:00 – 21:00 Opening Vivencia „The colors of Life“

with the didactas and the tutors of The Baltic Biodanza school (Vineta Grivza, Anete Raikova, Diana Sturmane, Kristiana Kalnina, Anita Capkovska, Antra Sloka-Jakovleva, Marcus Stueck)

Saturday, April 22:

10:00 – 11:00 Presentations „Potentials of Biodanza“- The Baltic Biodanza school and the association of biodanza teachers of Latvia in the past, in the present and the future – sharing of visions and introduction in the Baltic Biodanza school activities in the Baltic States. Marcus Stueck, Vineta Grivza, Anete Raikova, Diana Sturmane.

Break

11:15 – 13:00 Vivencia "Connection with life and peace within" with Antra Sloka-Jakovleva.

Biodanza is like an artist's brush on the big picture of the world we call life. It moves us and connects us with the movement of life in all its elusive colors, and teaches us to paint our own lives. Trusting in dance, biodanza gives us opportunities to discover our inner world more deeply and to see the wider world outside us. By being present to life here and now, we can gain more inner peace and open ourselves to love.

Lunch break

15:00 – 17:00 Vivencia "Roots and Wings of Love" with Kristiana Kalnina

Human life is often compared to a tree - the stronger the root system, the denser the branches, the more abundant the flowers and fruits. Rolando Toro, the author of the Biodanza method, said: "The Light that is in every person allows us to see each other, to meet, to love and to feel loved." We get our life and sense of Roots from our family, as well as our Wings, which give us the opportunity to go through life and fulfill our dream goals. However, we do not always know and are able to use our life force in the best way. We have to learn to feel our roots and use our wings ourselves. Biodanza is like a safe mother's womb, where to restore the "sense of home" that resides in every person. Biodanza is a reminder of the sanctity of life, of the natural sensitivity and connection with others and the world written in our cells. When we open our hearts, we open our natural need to share joy, gratitude and love. As we change our inner world, the world around us also changes.

17:00-18:00 Break

18:00 – 20:00 Vivencia “Nourishing our hearts and our connections” with the special guest of the festival Maria Cañizalez Jerez (Venezuela/Great Britain) and director of the Baltic Biodanza school Marcus Stueck (Germany).

Nourishing our hearts and relationships requires conscious effort and affective practice. This includes cultivating empathy, expressing gratitude, practicing authentic communication, spending quality time, practicing forgiveness, showing kindness, and caring for our own and others well-being. One of the ways to practise it is Biodanza. By prioritizing this method, we can foster deeper connections, create more fulfilling relationships, and cultivate a heart-centered approach to life. In this vivencia two experienced teachers will guide you in this process and stimulate the pathway to gain Peace in our hearts and so also peace in our world.

20:00 ~ Certificate awarding ceremony and party "A world full of color, joy and talent!"

Sunday, April 23

10:00 – 11:30 Different aspects of peace in our hearts and peace in our world – presentations and group discussions

Break

11:45 – 13:30 Sunday morning experience " The art of touching – Introduction in the world of contact to myself, towards others and towards nature " with special guest of the festival Maria Cañizalez Jerez (Venezuela/Great Britain)

The art of touch is a form of communication and sharing of emotions, empathy and affection to myself, to others and towards nature. It is a skill that can be learned with Biodanza. It is considered to be an important part of interpersonal relationships in many cultures and societies and can take various forms, including hugs, dancing together, tenderness and more. In this Biodanza Experience there will be an introduction in the art of touch for beginners. It can have many benefits. It can reduce stress, promote physical relaxation, strengthen bonding and trust between people, and improve overall well-being. Touch can also be used to express positive feelings, love and caring, or to provide comfort and support during difficult times. It is a way to find peace in our hearts and in the world.

Break

14:00 – 15:30 Closing vivencia with Marcus Stueck, Vineta Grivza, Anete Raikova, Diana Sturmane, Kristiana Kalnina, Anita Capkovska, Antra Sloka-Jakovleva.

Registration: info@biodanza.lv or mob.20130000.

Organisers: The Baltic Biodanza School and "The Association of Biodanza Teachers of Latvia"

More information about the festival and biodanza can be found on the websites www.biodanzalatvia.lv and www.biodanza.lv.

ABOUT TEACHERS:

Prof.Dr.habil. Marcus Stueck - one of the world's leading researchers in the science based field of Biocentric Psychological Health Management. He is founder of the International Biocentric Research academy in Leipzig. Together with colleagues from 5 universities, he founded as well as a main topic editor the topic of "Biocentric Health Development and COVID19" in the highly ranked psychological scientific journal "Frontiers in Psychology". He is professor of psychology and also since 2010 the director of the Baltic Biodanza school in Riga, which is already training the 4th generation of biodanza teachers. For his scientific PhD-work with biodanza with teachers at the university of Leipzig, he received 2005 the german scientific Award "Casseaneum" in Donauwörth/Munich.

Maria Canizales-Jerez - comes originally from Venezuela and lives since many years in England. She practice biodanza in clinics, with children and in regular groups and she is didacta and organisator of the festival England north. She practices in clinics and regular groups, with seniors and with children and teenagers. Maria believes in the positive power of biodanza since the first meeting in 2006 and wants to spread the biodanza method as a way to better mental health and well-being.

Vineta Grivza - graduate of the first Baltic Biodanza school cycle, certified biodanza teacher. Biodanza didactic teacher. Master's degree in psychology. Positive psychotherapy therapist. Master's degree in economics. As part of the biodanza method, she works with both adults and children. She has been conducting biodanza classes since 2012. Member of the board of the Association of Latvian biodanza teachers. Teacher at Baltic Biodanza school .

Vineta: Positive psychotherapy and the Biodanza method are practical, action-oriented methods for activating human resources and personality development. For me, the Biodanza method is a way to fall in love with life, to accept myself and others with love and without criticism to bring joyful and loving changes in life.

Anete Raikova - graduate of the first Baltic Biodanza school cycle, certified Biodanza teacher. Biodanza didactic teacher. Master's degree in psychology. Positive psychotherapy therapist. As part of the Biodanza method, he works with both adults and children. Biodanza work experience with adults and with children with mental health disorders in a clinical setting. She has been conducting biodanza classes since 2012. Member of the board of the Association of Latvian biodanza teachers. Teacher at Baltic Biodanza school .

Anete: Biodanza is a way for me to lose myself and find myself at the same time. Lose – tension, the weight of life, concepts about myself and others, limitations imposed by the mind, habits, isolation. And to find myself, my rhythm, authentic expression, intensity of the moment, freedom to be, joy and fulfillment.

Diana Sturmane - graduate of the first Baltic Biodanza school cycle, certified Biodanza teacher. Biodanza didactic teacher. Master's degree in law MBA (master business administration). Biodanza work experience with adults and with children with mental health disorders in a clinical setting. She has been conducting biodanza classes since 2012. Member of the board of the Association of Latvian biodanza teachers. Teacher at Baltic Biodanza school .

Diana: Every day we dance our lives, even if we don't realize it. Biodanza is the poetry of life, the dance of life and the movement that contributes to our life process. Biodanza is a way to get rid of unnecessary restrictions and heavy rhythms of life through dance, it is an opportunity to connect with those vibrations that increase our strength, joy, peace and healthy harmony.

Kristiana Kalnina - graduate of the first Baltic Biodanza School cycle, certified Biodanza teacher. Master's Degree in Health Care. Art therapist specializing in "Dance and Movement". Professional Bachelor's Degree in Nursing. She has been conducting biodanza classes since 2012. Leads educational Biodanza master classes and seminars for adults, children and families. Board member of the Latvian Biodanza teachers' association. Baltic Biodanza school process supporting teacher.

Kristiana: My calling in life has always been and still is medicine in its broadest sense. In my opinion, biodanza is the most comprehensive, holistic and healing way, because it combines and mutually integrates aspects of physical, psycho-emotional and social health. We are what we feel, see, think and do, and we are healthy if we are able to harmoniously combine all these aspects within ourselves. Biodanza has helped me a lot and I am happy to share my experience and knowledge with anyone who wants to feel more fulfilled, lighter and more harmonious in their life!

Anita Capkovska - graduate of the first Baltic Biodanza school cycle, certified Biodanza teacher. Master's degree in labor protection. Professional higher education in trade, business and law. She has been conducting biodanza classes in Limbazi since 2012. Leads educational biodanza master classes and lessons. Baltic Biodanza school process supporting teacher.

Anita: For me, Biodanza means dancing life, getting to know myself and others through our essence - the heart, discovering the feeling of joy and happiness in myself, bringing fulfillment and satisfaction to be who I am. To see the world shine in all the colors of the rainbow! Biodanza gives me a wonderful opportunity to give a piece of the colorful rainbow to others and the most beautiful thing I can do is to show how to dance this dance of life!

Antra Sloka - Jakovleva - graduate of the second Baltic Biodanza school cycle, certified Biodanza teacher. Master of social sciences in psychology. Diplomas of practical psychologist. Existential and group psychotherapist. She has been conducting biodanza classes for adults since 2016. Counsels adults individually on a daily basis, creates and leads practical seminars and therapy groups for personality development, emotional health and spiritual growth. Baltic Biodanza school process supporting teacher.

Antra: I am on my way of life independently and constantly experiencing, learning to love, to be present and aware. I create and make an environment in which a person has the opportunity to discover, truly meet, learn more deeply and accept his unknown, hidden part, discover his potential and be who YOU ARE. Biodanza has encouraged me to rediscover myself and life, fill it more with love and expand my professional vision and activity.