

# **Third training course in Danza Sensibile® (Sensitive Dance)**

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## **Ethical Presentation**

In this crucial moment in human civilization it seems that we have important choices to make, out of the urgency of a planetary crisis where human action itself seems to be in deep conflict with the foundations of life at all levels of the biosphere.

Conscious of the importance of these choices, DS sets its goal in transmitting to current and future generations the precious bond that expresses itself through the relation of our bodies tied to the Earth Mother, a relation that embraces the body-spirit as a whole.

In order to support this vision, one of the fundamental parts of DS is the relation to the elements through the experience of our bodies in movement in a natural environment, experiencing a full encounter with the conditions of life on earth.

**Awakening movement, consciousness movement, relation movement, discovery movement, expression movement, truth movement**

# Danza Sensibile®

In a world where everything is accelerating, where every day we seem to move further away from a vital relation with the elements of nature, DS presents itself as a unique quest. It enables us to experience the value of “slowing down” through our bodies' movement and to sense our being from its densest qualities through to its most subtle. In our project, we offer to enter into the experience of conscious movement, it being a reflection of the movement of our lives. In this search for a conscious relation with the world, which necessarily involves a dialogue between macro and micro movement, DS intends to revisit some of the fundamental stages of evolution with the objective of rediscovering the sense and the potential contained in the structure of our bodies.

*“entering into the discovery of the world through the experience of the three dimensions of space and achieving in the very depth of one's being the birth of a vital movement, expression of the Dance of life”*

One of the main parts of DS is the study of the relation to the four elements of the Western alchemical tradition through the experience of our bodies in movement, touching upon the laws that govern our condition on earth. For these reasons the training itinerary takes us through two complementary and indissoluble contexts: inside the studio and in nature.

This new training course is aimed at serving two kinds of personal projects and it structures itself in two main parts.

At first, DS offers those who are interested the possibility of expanding their knowledge in relation to their own professional fields of competence (dance therapists, osteopaths, physiotherapists, shiatsu therapists, psychologists, pedagogues, dancers, actors, etc...).

Subsequently, we will dwell more in depth on the matter of transmission, its foundations, and its peculiar methodology, with the specific aim of forming teachers of Danza Sensibile. Those who wish shall be able, upon agreement with me, to carry the teaching into the world.

# The great themes of the training itinerary in Danza Sensibile

## 1. Embracing life:

Receiving the body's messages, embracing, recognising, and carrying the movement of life.

(the subject of birth will enable us to further investigate this chapter)

## 2. Stepping into the practice of DS

Experiencing the value of its foundations through a guided itinerary over a period of time and a progression shaped around each person's individual abilities.

## 3. Transformation and metamorphosis

Stepping into the experience of renewal, of opening, of a second birth in order to enter life at the present moment, while developing answers linked to our personal path, to our current needs, to our life project.

In its more advanced stages, the practice of DS implies working on clarifying oneself, thus accessing the possibility of moving one's energy in an increasingly fast and focused way.

## 4. Creativity

Inspired by the movement of life, through the awakening of our senses and carried by the vitality that resides in us all, the creative impulse, this sacred fire of which we are all caretakers, needs to find a way towards its own realisation. DS invites to open up to the impulse of one's interior life in a relational play with the exterior world.

**In the vision of DS  
the focused impulse of our interior life is like  
the light  
that rends and illuminates the darkness of the space we are to embody.**

\*the group made of individualised presences symbolically represents the world

## 5. Transmission

In a world where the memory of what has been often seems to vanish and where activities are mostly oriented towards a short term mode, it seems urgent to rebuild the ethical values of the art of action and transmission towards those receiving teaching, therapy, support, a presence...

In DS the ability to transmit knowledge, a teaching, your presence... implies that the person who transmits should have the ability of perceiving and accepting the needs and potentials of those who receive his/her presence.

The five great phases above represent the irreplaceable pillars of this training itinerary.

***“We can only transmit what we have integrated into our limbic system.”***

*(H. Laborit)*

The topic of **trans-mission** entails the notion of **movement** and **mission**.

In DS transmission is a dynamic state that implies a conscious involvement at all levels of being, from the most dense to the most subtle. Here everyone's personal history is a fundamental element; during this training course, there will be moments of experience and practice that will enable us to form connections between our history and our current behaviour (adaptations). For example, my personal history and the events that happened in my childhood and adolescence are what led me to look for alternative ways of teaching and transmitting the art of movement through DS.

**Who transmits?**  
**What?**  
**When?**  
**How?**  
**Where?**  
**To whom?**  
**Why?**

## **Members of the team and their workshops**

In order to realise this training itinerary, I have gathered around DS a group of professionals with great experience.

Each member of the team is in turn carrier of a movement of thought and ethics and is on the forefront in his own field. For several years all these researchers have been involved in the experience of transmission and are promoters of humanistic values, engaged in a movement of awakening to a world founded on authentic values.

The different workshops that have a mainly experiential character are primarily aimed at investigating some of the disciplines that are at the source of the multi-disciplinary structure of DS.

We shall explore the different universes of thought and practice which have been precious guides in the process of creation of DS.

The intention is to step into the experience of the deep meaning of DS practices, highlighting some of the elements that characterise it.

## **The trainers**

**Claude Coldy  
Jean Louis e Marie Dupuy  
Mariusz Wisniewski  
Patrizia Stefanini  
Cinzia De Lorenzi  
Giuliana Strauss  
Verena Schmid  
Nicoletta Sorgato  
Jean Claude Badard**

## **Their workshops**

**Danza Sensibile®  
Introduction to “subtle listening”  
Experiential Gestalt  
Experiences of energy perception  
Creativity and creation  
Multidimensional ethics  
The world of birth  
Water games – Babies in the water  
Bio-Psychosomatics**

## Claude Coldy

At the age of twenty, after technical studies, he discovers dance. He develops a passion for dancing and trains in Paris in contemporary, classical and jazz dance.

He also studies as an actor and mime and takes part in various shows for theatre, television, and cinema, appearing in numerous international dance festivals.

In 1982, he moves on to choreography and teaching and creates the company Arbalete in Genoa, with which he performs around Europe. In 1986, he discovers a new movement in French osteopathy, the "Atman school", with the osteopaths Jeanluc Gehant, Gerard Montet, Jean Luis e Marie Dupuy.

In 1990 he creates Danza Sensibile with Jean Luis and Marie Dupuy.

He studies relational ecology with the psycho-sociologist and writer Jacques Salomè, the biology of behaviour with the psychologist Jean Claude Badard, a student of Reich, Geerd and Hammer and lives through the Gestalt experience of the voyage of the hero with the psychologist Paul Rebillot.

Currently he is working on the development of possible applications of DS in the field of birth in collaboration with the gynaecologist Barbara Grandi, who is at the source of the movement of humanization of traditional births and water births at the hospital of Poggibonsi.

He consecrates himself to the teaching and spreading of DS and develops training courses that collaborate in the project of the realisation of a new society founded on ethical values, with the aim of a harmonic development of contemporary and future generations in an osmosis with the life forces of the Earth Mother.

## Danza Sensibile

Stepping into an intensive practice and in-depth study of the structures of DS

An ontogenetic and phylogenetic itinerary and an experiential study of the relation between structure and function.

### **From chaos to the vertical human being:**

The relation to the four elements of Western alchemy

Presence and the space of relation

Evolution and energetics of the different levels of action

Movement, the dance of life

DS in nature (Olive Groves – Forest – Sea)

### **Application of DS:**

Personal development

Pedagogy

Re-harmonisation and therapy

Artistic creation

Reading and creative composition

The world of birth

### **Final thesis**

## **Jean Louis Dupuy**

D.O.M.R.F. Osteopath, Atman Osteopathic College, France.

Teacher of Neuro-Linguistic Programming (NLP without boundaries – Jennifer de Gandt)

Trained in tools of relational communication (J. SALOME)

Trainings completed: study and research groups in Energy Medicine.

Foundations of Antroposophy.

## **Marie Guyon Dupuy**

Physiotherapist and Osteopath D.O.

Trained in: sophrology, shiatsu, auricular therapy, osteo-bio-synthesis, study and research groups in energy medicine

She has basic knowledge in acupuncture and antroposophy

## **Osteopathy and “Subtle Listening”**

Human life persists in its accomplished work.

The work is the ‘ex-pression’\* of the person who inhabits this life.

To be able to ‘express yourself’ already means to learn to understand your codes, because only “what is well conceived can be expressed clearly.” (Boileau)

Our experiences, our vocational training and the constructive events of our itinerary have led us to suggest the sharing of subtle listening, the kind of listening that enables us to discover who - manifest in the micro movement of the tissue - inhabits this body, giving him the ability to irradiate - through a macro movement - a precise truth towards the world.

Jean Louis and Marie Dupuy

\*Among MDs and chemists, the term is used, according to the Latin root, for the act of pressing (squeezing), and for the liquor that pours with strength from the pressing.

In the language of art, expression is the lively representation of the passions of the soul, the character and such like.

# Subtle listening

The workshops in subtle listening will start in the course of the second seminar. They are the second fundamental pillar of this training and have as their main aim of becoming more sensitised to listening and to the ability to receive the messages of the body with a clearer consciousness.

## “Osteopathic listening”

*Reaching the understanding of the necessity of movement to express Life...*

### **Workshop objectives:**

- Discovery and approach of the micro-movements of various tissues, from the more ethereal to the denser, approach of the Primary Respiratory Movement or Cranial Rhythmic Impulse.
  - Analogy with the formation of the Universe
- Further development of this approach naturally leads to an understanding of physiology (function) and anatomy (structure).

### **Pedagogical method:**

- Fluidic osteopathic palpation
- Approach of antroposophical concepts (Goethe, Steiner)
- Sophronic state (learning to reach deep relaxation is a necessary condition for staying in subtle palpation)
- Links to archaic languages and archetypes of myths and symbols
- Repeated practical experiments guided by the osteopaths
- Exchanges between students and teachers

### **Workshop program in the course of three years:**

- hands, feet, teeth
- scapular, pelvic and mandibular belt
- vertebrae of the spine and the cranium
- bowels
- co relational systems: hormone, immune, nervous

## **Mariusz Wisniewski**

Film director and actor trained at the STU and KTO theatres of Krakow (Poland), Mariusz Wisniewski has conducted studies in experiential theatre and animation. He is a psychotherapist and/or body-psychotherapist trained in Gestalt therapy, Postural Integration, Rebirthing and Tantra at the Training Institute for Communication and Body Psychotherapy in Strasburg (IFFC).

He has worked as a trainer and entertainer in theatre workshops for children, adolescents and adults in Poland, France, Brazil, Italy, Spain, Germany, Russia, etc., joining elements of theatre and Gestalt.

He has also received training in experiential Gestalt from its founder Paul Rebillot. Currently he offers individual sessions and supports couples in difficulty through itineraries of couple therapy, integrating his experience as an artist and therapist in his work.

## **Experiential Gestalt**

How do we free ourselves from past and inadequate patterns that stand in our way?

How do we give up all the old habits, beliefs, and behavioural patterns that are inadequate for today's relations?

Discovering the movement of life, learning the meaning of touch, "touch of the heart".

In order to know yourself better, to know your body, and to free your tensions and imprisoned energies.

Discovering our soul – part of the mystery that dwells inside us all – freeing ourselves from inherited repression mechanisms and fears, and from the conditionings of childhood regarding sexual energy.

## **Patrizia Stefanini**

Patrizia Stefanini is the founder and head of the European Shiatsu Institute in Milan and Florence. Holder of a Masters Degree in Physics and specialised in Sanitary Physics, her experience as Shiatsuka alternates between teaching and individual sessions, which she holds both in Italy and abroad, taking also part in major international congresses.

At first sight there seems to be a huge divide between a degree in theoretical physics and Shiatsu. For Patrizia, though, it represents a natural evolution: the kind of Shiatsu she teaches is rich in references to the fundamental theories of modern Physics, while discovering parallels to oriental disciplines and philosophies.

## **Experiences of energy perception**

Within the project of transmission of Danza Sensibile, Patrizia offers experiences of energy perception to individuals, pairs, and groups referring to Japanese tradition and certain models of quantum physics. This way she intends to offer participants opportunities for expanding their knowledge, for personal development, and for a better understanding of the vital mechanisms that act on every level.

## Cinzia De Lorenzi

As a dancer and choreographer, Cinzia integrates artistic, therapeutic and pedagogical experience in her path.

For more than twenty years, she has worked in the fields of live performance and performing arts in Italy and abroad, as performer, choreographer, director, teacher and in various collaborations. The experience of Danza Sensibile has allowed her to connect different aspects of her itinerary opening herself to a new understanding of the human being from the aspects of creativity and the function of art. She sees the creative act as being similar to the process of birth, a coming to light, an event shared and experienced by both actor and spectator.

The study of the manifestation of the life-forces through the process of verticalisation, the process of birth, the notion of movement-life, form and function gained through training with the osteopaths Jean Louis and Marie Dupuy, together with the concept of vital breathing and the bent for phenomenological observation belonging to the studies and training she underwent in biodynamic craniosacral therapy have been of particular importance to her.

All this allowed her to embody her own modality that leads her to tend in her life and work towards the conscious development of relationships through presence and listening.

## Creativity and Composition

A path comprising several stages will lead to the birth and realisation of an individual and group artistic project, but especially to an opening towards a research in this sense.

Through the overcoming of the difference of genres (theatre, dance, music, etc.), the kindling will occur symbolically through the act of carrying and depositing one's presence upon the earth, reaching the look of another as a gift still to be opened. From this place a voyage will start that shall lead across different topics taking us from the experiential through to theoretical discussions.

Among the theoretical and practical topics:

**Emptiness:** visiting non-doing in space and time, staying in the present moment

**Life forces:** observation of the forces in action, of their structure and organisation

Death and rebirth: from the personal to the universal, from what is imagined to what is acted out, strength of the action

**Birth of the work:** modifying distances, recognising intuition, **beauty of the organic, attraction and seduction of the inorganic:** objects, things, from the visible to the invisible, interactions and interlocutions from the material to the immaterial.

**Tending towards the health of the project:** feeling part of a whole, knowing where to go.

## **Giuliana Strauss**

She is a researcher who, after 20 years spent in health-care in the support of terminal patients and in the management of the phases of grief, has been helping health-care operators by teaching work ethics and creating a project by the name of: "**REPROGRAMMING TOWARDS JOY**". It is a healing modality involving the **cooperation of mind - emotion - word - body** and offering itineraries of 'human' ethics within the intimate dance of beliefs and emotions.

## **Multidimensional ethics**

The aim of the work is to know oneself, considering the "other" with great respect and without judgement, as one's own mirror or rather as a part of oneself.

Playing creatively with the dynamics of the mind opens up to experimenting with "interior self-management", meaning that while being aware of our authenticity we can work together towards life in a world that rediscovers "**authentic values**".

## Verena Schmid

Having obtained a degree in obstetrics in Florence after working as a professional nurse for ten years in many different fields, she works as midwife for the guidance council in Scandicci; she sets up the Association for home birth "Il Marsupio". She is founder and head of the Training School for operators of the Association Il Marsupio.

Founder, director, and manager of the professional magazine "Woman and Woman" (the newspaper of midwifery).

She is founder and head of the Elemental School of Obstetric Art.

She has received the International Astrid Limburg Award for the promotion of the autonomy of Obstetrics and of natural birth in the own home country.

Trained in Focusing, she founds S.E.A.O international as part of a vast European program.

Publications:

"To be born and to give birth" Apogeo/Feltrinelli

"The pain of childbirth" in German language

"Health and birth, salutogenesis in pregnancy" Apogeo

## Birth

The approach to birth that I propose comes from listening to mothers, children and their fathers for 25 years. It includes all dimensions of the human being from the physiological and neurobiological to the psychosocial and spiritual. It is interwoven with the visible and the invisible and steps into the polar rhythms and dynamics that form the foundations of life. Birth has been imprisoned within the medical-pathological model and is subject today to a strong aggressiveness that reduces human life to the mere body and the unborn child to a product. Modern technology particularly damages the relational/emotional aspects and the fundamental bond between mother and child in its symbiosis and modalities. This approach to birth, chosen by our society and in line with official social values such as consumerism and a superficial "well-being" that hides the depths of life, wants to create angry, violent, and easily manipulated individuals and has caused deep wounds in today's children and adults. A circular approach to birth, respectful of its integrity, and protective towards its bonds can contribute to the growth of peaceful individuals connected to mother earth and to nature, strong and whole within themselves. Above all, attention towards the primal period (the first 18 months) can supply the child beginning his life with a positive reserve to draw from for the duration of his whole cycle. The salutogenic physiological model taught in my school can offer effective tools for working on the resources and empowerment of the protagonists, in order to strengthen the inborn faculties of women and children and to develop human potential. The obstetric art integrates rational approaches with empirical, intuitive, and perceptive aspects, bringing all resources of the cerebral hemispheres – and the heart - to bear.

## Nicoletta Sorgato

Gymnastics teacher at primary and secondary schools. For ten years teacher of "Educational Gymnastics" at ISEF (Superior Institute of Physical Education) in Padova. F.I.N. swimming coach since 1979. In the past she took part in seminars and workshops led by teachers of modern-contemporary dance and dance theatre. Through the study and comparison of movement science linked to the creative-expressive "sensitive" aspect of movement, she has elaborated a personal educational and didactic theory. Specifically she trained at the LABAN CREEKSIDE in London studying the R. Laban method: a complex creative procedure where you deal with the expressive modes of body movement and communication. She studies and practices Baby Yoga and neonatal aquatics following the techniques of professor Jgor Tcharkowsky, first with his assistant Boris Zinsberg and then, at the Elemental School of Obstetric Art in Florence, with the obstetric Anna Ceccarelli. She collaborates with the instructor of neonatal aquatics Françoise Dully of the Association OndaArte in Lugano. For three years, she studies at the Training School for Aquatic Bodywork – Watsu with the WABA association of Harold Dull. From 2000 to 2004, she attended the Shiatsu School in Padua directed by Claudia Beretta. From 1999, thanks also to her own experience as a mother and the in-depth study of water birth by M.Odent and Y. Balaskas, of camatic singing by F.Laboyer and of the language of the skin by A. Montàgu, she starts to develop her own method of work with newborns in water and of preparation to natural birth in pregnant women. The encounter with Claude Coldy in 2004 and Danza Sensibile: a precious tool to continue the experiences in the world of birth.

## Water Games

### The newborn baby in water

A child possesses since birth a wealth of instinctive reflexes and many of these are related to its capacity to move in water: plunging him from the first days of his life into water, one grants him the possibility of maintaining these natural impulses.

"I never stop being surprised by the instinctive abilities of newborn babies when I plunge them into the water and how just a few loving encouragements suffice to receive unforeseen responses."

Water, this vital physical element, strengthens the cardio-respiratory system, muscular power, and endurance; psychomotor, social, and relational development is fostered thanks to "feeling well in water": it enhances attention, trust and emotional tranquillity. Water revives, unifies, simplifies, water is sincere; it supports us and holds us afloat. Throughout many years of work I have understood that my work needs to follow essential and very simple lines and rhythms: song and long silences, massage and dives, contact with a mother's reassuring hands and breath control, stimulation of the process of learning through imitation.

It is a method that investigates pathways of play and learning.

I am finding more and more confirmation of the fact that the techniques for staying with little children in water, if they exist, need to be constantly modified, adjusted and modelled upon their single, simple and elementary personalities."

## **Jean Claude Badard**

Educator in a prevention team. Trainer in the field of specialised service with social field experience from 1973 to 1980; initiator of structures for multidisciplinary social intervention.

During the same period he undertakes studies in psychology and sociology: animal psychology and human behaviour, sociology of the evolution of the species, biology of behaviour, psychology and institutional sociology (group and territory), psychosomatics, transfamiliar psychology, couple psychology and sociology. A personal analysis and a study/research in psychology within an organism for the protection of animal species complete his training.

Specialist and researcher in the field of psychosomatics, of group illnesses, of individual and group dysfunctions. Active in the field of psychosomatics, of pain therapy and dysfunctions of biological behaviour.

Member of the *Associacion Francaise de Therapie Comportamentale et Cognitive*, he works as trainer and therapist in France and in Italy.

## **Bio-Psychosomatics**

### **The bio-ethological sense of illness and behaviour**

Every individual, of every species, commits all the experiences of adaptation to memory in the form of biological survival programs. Each one of these applications is the precise response of our brain to an emotional situation that has not been concluded within the survival objective of the species.

All illnesses, behaviours, and (manifest) events in our lives come from an emotional situation in the history of our parents and ancestors that has not been solved.

Starting from an unfinished emotional situation (conscious memory), the brain creates a cellular program (unconscious memory); "re-feeling" serves as guideline for the biological programming of illnesses, behaviour patterns, and events.

## Training structure and objectives

The training addresses people who already have experience with the techniques of DS and who are interested specifically in a relation with the body seen as a tool of relation and transmission.

The group shall be composed of a limited number of people who will be selected on the basis of a dossier containing their personal project describing the sense of the choice of this training and a CV.

Subsequently, Claude Coldy will suggest a personal encounter.

### The third training course unfolds in two phases:

- **The first phase** comprises a sequence of seminars of 6 whole days each trimester for three years according to the following scheme:

arrival on Sunday evening for dinner

departure on the following Sunday during the morning

- **The second phase** involves a year of free personal preparation and the maturation of a thesis project. The aim is to present the results and observations of an experimental work that applies the principles of DS in a field linked to the participant's focal points of interest and research.

Following the presentation of the thesis a training certificate in Danza Sensibile will be conferred that authorizes the transmission and integration of elements of DS in the fields of competence of each member of the course.

Those participants who wish to hold DS workshops will need to take, upon agreement with Claude Coldy, professional refresher seminars that will allow them to maintain and revive the connection to a kind of teaching that is alive.

DS reflects the image of our time; its structures and its techniques are themselves in constant evolution.

The progression of the course needs the presence of each participant at every seminar. The itinerary is also an opportunity for an important group experience, wherein everybody brings the energy of his presence. It is similar to a herd of migrating marine mammals, each member with his own individuality a source of wealth and vitality, and, in each instant, a support for the group in the adventure of the discovery of life.

**\* Danza Sensibile® is a registered trademark and only members of the training circles that have received the authorization of Claude Coldy can officially teach under the designation of Danza Sensibile**

## Time plan for the third training course

First part	Beginning: Spring 2009 (first year) End: Winter 2011 (end of third year)
Second part	Beginning: Spring 2012 (fourth year- maturation time) End: Winter 2002 (final thesis)

## Directions for the third training course

The seminars are residential and will take place in two different contexts:

**In the studio:** Seminar house “**I tre santi**”  
in Tuscany’s countryside – Castel Fiorentino, thirty minutes from  
Florence, full board with primarily vegetarian and organic food.

The centre’s structure is able to lodge mothers with their “puppies”  
along with the baby sitter (**absolutely necessary**) in a separate, self-  
sufficient accommodation.

**In nature:** Directions depending on the location in which the seminar takes  
place. Currently:

Ulivi	Tuscania-Lazio
Sea	Maratea-Basilicata
Black Forest	Tegernau- Germany