

JOURNEY THROUGH DANCE

Teacher Training

2020

About the Training

This course is catered to not only teach you techniques and tools to become a movement & conscious dance facilitator, but it has been created to help facilitate deep healing, the awakening of your purpose, your essence and the true Teacher inside of you. This training course will offer a safe and sacred space to develop trust within and to provide you with the knowledge, wisdom and guidelines to do work from the most authentic, heart-spaced place as possible. All of you are unique and all of you will take this training and do something unique with it!

I have learned many techniques over the last 16 years. I will share with you many things that I have learned!

Some of you might want to do this training for your own self-development while some of you might be doing this with the intention of becoming teachers or to become specifically dance & movement therapists. All of you are welcome to attend this course.

This is for anyone specifically wanting to explore and embody a deep healing path of conscious dance, movement therapy, energy healing and sound. You will also learn many different spiritual and shamanic healing tools, rituals etc...

In this training, you will learn sacred practices and effective techniques to guide others as well as heal yourself.

This is an intuitive and experiential training course. Yes, you will learn facts and information. However this is more a spiritual development course than an educational "note-book format" class.

This is not only a movement therapist training course. This is a deep self-transformational journey; so you will need to be committed.



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AWAKEN THE INNER DANCER THROUGH YOUR CREATIVE MOVEMENT

I want to end off by saying that I am teaching you what that I have embodied, what I have been guided to share, and feel ready to teach. At some point, new levels of training might emerge but this is the training course for now.

Who could benefit from this training?

1. Practitioners / therapists / dancers / healers that are interested in this field and are seeking greater depth & resources.
2. Anyone who is wanting to be a movement / dance / sound therapist
3. Individuals interested in their own personal growth and healing journey

Pre-requisites

1. Must be 18 years or older
2. Must have some type of interest or experience with dance / movement / healing. Please supply info on this.
 - o If not, what calls you to this training?
3. Must have a strong willingness to work on yourself and follow a healing path
4. To have attended at least 5 conscious dance / movement classes. Please describe your experiences of this.
5. Before the training course starts, you will need to attend at least 2 of my classes.
6. If you are on any medication, please supply information on this.

How long will the training be?

1. This training is divided into 3 modules, with an extra day that will be held a few weeks after module 3.
2. Module 1 and 2 will be 4 days, and Module 3 will be 3 days
 - o Thursday: 9:30 – 5pm
 - o Friday: 9:30 – 5pm
 - o Saturday: 2:30 – 6pm
 - o Sunday: 9:30 – 5pm



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Dates for the next training in Cape Town

Cape Town (Alchemy, 76 Mount Rhodes Drive, Hout Bay)

Module 1: 27 February – 1 March 2020

Module 2: 12 March – 15 March 2020

Module 3: 27 March – 29th March 2020

Dates for the next training in Johannesburg

RIVONIA (Address to be provided)

Module 1: 2 April – 5 April 2020

Module 2: 10 April – 13 April 2020

Module 3: Dates to be announced

Costs

EARLY BIRD DISCOUNT IF YOU PAY IN FULL:	R11 800.00
PAYING IN FULL BEFORE THE START OF THE COURSE:	R12 800.00
OR pay as you go per course	R4700 / module
Payment plans available	

If you are paying via Paypal, please note that an extra 5% will be added to accommodate bank, paypal and transfer fees.



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Certification & Thereafter

1. Upon completion of this training, you will be issued with a certificate of completion for Journey through Dance Teacher Training.
2. Your name and photo will go up on the Journey through Dance website
 - o Once you start practicing and offering classes in your area, a place on the website can be created for you with a link to your website.
3. You have two options
 - o To use the brand Journey through Dance to advertise your classes. You will have a profile and write up on the teacher's page.
 - o You might want to develop your own unique name and brand, but you are free to advertise from the Journey through Dance website on the teachers Page.
4. Please note that in both cases, you will need to create your own client list.
5. You also might want to take these tools and use it in your own healing / therapeutic practice or for your own personal use.
6. You are free to teach anywhere in the world.
7. In the first year, regular check-ups will be done on the progress with your teaching
8. After the training is complete, I will offer one free 45 mins Skype session
9. Please note that it takes time and patience to be a teacher, but all of us need to start somewhere! The world can use more teachers 😊

During the training

During the training, students may assist me on as many classes / workshops as possible to gain experience. Of course, this will need to be arranged beforehand. Private Sessions are also available (at an additional cost) if you have particular requirements.

MODULES:

This is what you will learn during the training.

Please note: that some items here might move from one module to another, depending on how things flow.



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MODULE ONE:

Awaken the Calling of your Inner Dancer

1. Meditation techniques
2. Connection to Higher Self
3. Connecting to the Heart
4. Body, Mind and Heart Connection
5. Connecting to your Energy Field
6. Energetic Bodies
7. Connecting to the body through movement
8. Why dance can heal
9. Rooms of consciousness
10. Basic history of trance dance in past cultures
11. Trauma in the body
12. Releasing in the body
13. Theory and understanding of energy healing
14. Making Intentions and why this is important
15. Chakra System Theory
16. Chakra Dance Exploration and Journey
17. The Four Elements Theory
18. Dancing the Four Elements
19. Spontaneous movement experiments
20. Awakening the Feminine within
21. Working with energies of the Goddesses
22. Healing movements from various dance modalities
23. Revisions and discussions

MODULE TWO:

Sacred Space, Ritual & Shamanic Medicine

1. Shamanism
2. Creating sacred space
3. Space Clearing
4. Protection
5. Application of Crystals to support holding sacred space
6. Working with Guides / Angels / Symbols
7. Power Animals



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8. Working with power animals within dance
9. What is in your Medicine Circle?
10. Soul Purpose Journey
11. Creating themes for your classes
12. Medicine for the Soul Cards Dance Journey
13. Frequency
14. Shadow, Ego, Light / Shadow
15. Vibration and Sound Frequencies
16. Chakra Sounds
17. Working with music
18. Intuitive sound healing – with music, voice and instruments
19. Revisions and discussions

MODULE THREE

Going deeper into the Shadow & Inner Dance. Integration and Celebration

1. Setting up a class procedure
2. Trauma release
3. Meridians and Basic Understanding of Energy Flow
4. Energy Bodywork
5. Foreign Energies and Entities
6. Ancestral Healing
7. Masculine and Feminine
8. Inner Dance Journey
9. Inner Dance Theory & Systems
10. The Nervous System
11. Fear Avoidance Cycle
12. Brain Wave States in relation to Inner Dance
13. Releasing Processes
14. What is your medicine? Your unique gift
15. 13th Munay Ki Rite – Womb Rite
16. Students to facilitate sessions
17. Revisions and discussions
18. Closing Ceremony

For enquiries / bookings, please email: leigh@journeythroughdance.co.za



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