

Healing Dance 100

Healing Dance[®] 100 was created by Alexander in 2009. It consists of two 50 hour modules, *Aquatic Basics* and *Healing Dance Essentials*, taught over two weeks and is intended for spa environments and clinics.

It leads to certification as a Healing Dance Provider.

Aquatic Basics addresses the needs of spa clientele and special populations, enabling Providers to accommodate first-time water clients as well as those ready to receive Healing Dance in its fullness. The “noodle work” it includes is for receivers who initially require more space and time to accustom themselves to the water, who are not quite ready to be held in the arms of the practitioner.

The Training Sequence educates Providers in the basics of aquatic technique and is suitable for clients ready to be held and moved through simpler figures that require not so much flexibility and surrender.

The Healing Dance material introduced in *Aquatic Basics* consists of hydrodynamic waves, flowing transitions, releases and nurturing holds.

The second module, *Healing Dance Essentials*, consists entirely of Healing Dance, encompassing in an abbreviated sequence some essential movements from Healing Dance’s two longer surface trainings. These include a few of the favourites of receivers, such as the Matador, Vortex, and Pegasus, as well as further waves, figure eights, releases, holds and moves incorporating massage.

The land work for *Healing Dance 100* covers such important topics as body mechanics, quality of touch, presence, breath, ethics and healing dance principles, so that Providers are thoroughly prepared to treat their clients. A written and photo manual are provided and an MP4 of the sequence is made available.