

# Introduction to Healing Dance

Introduction to Healing Dance is a 2 day (16 hour) course designed for entry level students of aquatic bodywork and is an elective of Stage I of the Healing Dance (HD) Practitioner Program.

Students successfully completing this course will be able to:

1. Perform a 30 minute to one hour Healing Dance session.
2. Move forward to Stage II of the Healing Dance Practitioner Program.

The origin, principles and application of Healing Dance are covered on land, together with terminology, communication and the anatomy related to support of the head and pelvis. In the water, students will be given a direct experience of Healing Dance through receiving a mini-session.

The foundation of the Healing Dance aquatic technique is taught, including how to sense the weight and breath of the receiver, sensing buoyancy and where to support, how to traction and use core stability for grounding in the stances. In Introduction to Healing Dance students learn to transfer the flow to their receivers using weight shifts and traveling steps. A simple practice sequence is learned with a clear beginning and finish that is the perfect preparation for taking Healing Dance I, discovering how natural it is to share aquatic bodywork and how it can open a new dimension in relating.

## **This course covers the following knowledge and skills:**

- Learning about the origin, principles and application of Healing Dance.
- Becoming familiar with the Healing Dance terminology.
- Learning and practicing appropriate communication before and after a session.
- Learning and practicing how to support the head and pelvis in the water.
- Being introduced to the fundamentals of aquatic technique, including:
  - I. how to sense the weight and breath of the receiver;
  - II. where to support;
  - III. how to traction;
  - IV. how to use balance and imbalance to develop a sense of grounding, and
  - V. how to bring the receiver into flow with weight shifts and traveling steps.

This course has about 14 hours of pool practice whilst the remaining 2 hours of class time is on land covering the theoretical parts.

Upon completion of this course, students are able to be listed as a Healing Dance student on the official AIAB (Australian Institute of Aquatic Bodywork), Healing Dance International Organisation, and WABA (World Wide Aquatic Bodywork Association) registries, as well as are welcome to continue in the professional Healing Dance path towards practitioner certification.

**Course Materials:**

A Class Manual is supplied by the instructor  
Floats for use in the water are supplied by the venue

**What to bring:**

2 Swimsuits  
2 Towels  
Comfortable clothing for the land classes