

*International Biocentric Foundation*  
**S.R.TORO BIODANZA SCHOOL**  
**TRIVENETO - PADUA - ITALY**



# **RESIDENTIAL SPECIALIZATION COURSE IN AQUATIC BIODANZA**

*The specialization course is for biodanza teachers and trainers  
from S. R. Toro Biodanza Schools in Europe.*

*Rebirth - a return to the origin*

*Intensive single module - Places are limited*

**Teacher: Raffaella Zanetto**

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# SPECIALIZATION COURSE IN AQUATIC BIODANZA

« The secret of renewal of life lies this consistency with the origin.» *R. Toro*

« Vivencia Aquatic Biodanza is an experience of rebirth.» *R. Toro*

The proposed vivencias allow a deepening of the **trance states** and **regression** proposed in Biodanza and have as a **REBIRTH** effect.

The exercises reproduce the intrauterine condition and favor a return to the origin, which consists in reliving prenatal and perinatal states at a biological level.

The trance and regression states achieved are of great depth and high integrating power.

The end of the regression state exit is characterized by **Consciousness Expansion**.

Trance and regression in aquatic biodanza strongly stimulate the **organic regeneration** ability and are accompanied by a deep pleasure.

You live deep, moving and transcendent states of affective expansion, intensifying the perception of being One with the Whole. In a protected and highly nutritious environment, it amplifies the erotic and affective **pleasure of love**, the fusion with the other.

## The benefits of Aquatic Biodanza

The vivencia stimulate a deep connection with life, dissolve the armor, elevate internal mood and treat stress.

Increase self-esteem, erotism and feeling of peace.

- Theory:**
- Study and analysis of Biodanza Trance and Regression concept.
  - Symbolic and archetypal aspects of the Water element.
  - Specific methodology of Aquatic Biodanza.

- Vivencia:**
- Vivencia and Suspension Trance in warm water.

During the extension you can experience the Suspension Trance in warm water.





*A return to the original pure essence*

## **RESIDENTIAL SPECIALIZATION COURSE IN AQUATIC BIODANZA**

The Specialization Course in Aquatic Biodanza is residential. The proposal is an exclusive experience in a quiet and familiar environment. It is a unique experience in sharing spaces, relaxing, sunbathing in the garden, eating together and sleeping.

The intensive course has a day off to enjoy the beauties of the cities of Padua and Venice.

The hosting association offers:

- green area
- swimming pool with water heated to the temperature of 36.5°C
- B&B accomodation from Friday night to Wednesday afternoon (single rooms, an attic with three beds, comfortable lounge to sleep with sleeping bags at an affordable price B&B) .
- kitchen available for the group

Nearby there are other B&Bs.

Bring at least two costumes, bath cap, bathrobe, slippers, water and some snacks to share

Please note that reservation is required. The number of course participants is limited, registration will be accepted based on the date of receipt of the application forms and payment of the course fees.



### **Raffaella Zanetto**

*Certified teacher since 1994, has carried out her training in Biodanza with prof. R.Toro. She has been leading regular groups of aquatic biodanza since 1997. Co-director of the S.R.Toro Biodanza School -Triveneto and Specialist Teacher of Aquatic Biodanza since 2008, she has carried out numerous regular specialization courses.*

Visit the [www.scuolabiodanzatriveneto.it](http://www.scuolabiodanzatriveneto.it) site to:

- find further information on the specialization course
- find details on the fees
- download the registration form

**INFO:**

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**RESIDENTIAL SPECIALIZATION COURSE  
IN AQUATIC BIODANZA  
PADOVA - ITALY**

**1° Module: 5 -6 - 7 April 2019**

**2° Module: 1 - 2 - 3 November 2019**

**Tuition hours: Friday from 3.00 p.m. to 9.00 p.m.; Saturday from 10.00 a.m. to 9.00 p.m.;**

**Sunday from 10.00 a.m. to 2.30 p.m.**

**• Pre-booking discounts will be granted! •**

**2019 SUMMER SPECIAL!**

**RESIDENTIAL, INTENSIVE SPECIALIZATION COURSE  
SINGLE MODULE**

*For trainers and teachers from Europe! Translation in English.*

**SINGLE MODULE:**

**24 - 25 - 27 - 28 August 2019**

**Tuition hours: Saturday from 10.00 a.m. to 8.30 p.m.; Sunday from 10.00 a.m. to 9.30 p.m.**

**Monday off. Tuesday from 10.00 a.m. to 8.30 p.m.; Wednesday from 10.00 a.m. to 5.30 p.m.**

**Venue: La Casa Azzurra, via Anconitano 1, Padova - Italy [www.casazzurra.it](http://www.casazzurra.it)**

*R. Toro Biodanza School - Triveneto - Padua - Italy - [www.scuolabiodanzatriveneto.it](http://www.scuolabiodanzatriveneto.it)*

