

JOURNEY THROUGH DANCE

Online Teacher Training

2020 - 2021

Introducing the Journey through Dance Online Teacher Training

This training program began in 2019 in the beautiful Mother City of Cape Town; my Home. I have had been working with several groups and am currently in the middle of two groups that are in the process of completing the training online. Due to the world changes that we are presently navigating, I am excited to announce that I will be offering this training online ... for those that feel the Call.

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...



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AWAKEN THE INNER DANCER THROUGH YOUR CREATIVE MOVEMENT

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.

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 2 conscious dance / movement classes. Please describe your experiences of this.
5. Before the training course starts, you will need to have attended at least 2 of my classes or sessions (in person or online).



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How long will the training be?

1. This online training is divided into 3 MODULES, with Two Extra Facilitation days that will be held in the days/week following Module 2 and in the week following Module 3 - There will be time / date options to select from.
2. In total there will be 12 days of training (10 Full Days and then 2 extra Facilitation days).
3. Most days will start at 9:30am and finish at 5pm (South African Time).

Internet Connection

Please ensure that you have an excellent internet connection with Uncapped Wifi (or similar) so that you can effortlessly attend all classers online. Video is important.

Do I need to attend Live or will all classes be recorded?

Most of the training will be available through recordings; but not all of it. If you are not able to tune In Live - any processes that you miss out on, you can book private sessions with me to complete. You will also need to complete each module before you move onto the next (including the homework).

Through the training, I am available for you to ask questions!

NB: It is for your own benefit and the benefit of the group that you attend as many Live Training days as possible. The reason for this is that this training works very well when we can establish deep connection and interactivity with each other. When we can develop deep levels of trust in a group field like this, it really does support this process and the journey I desire to take you on.

For those of you that are not able to attend Live sessions; mostly due to time zone differences - I do understand this might be difficult and therefore I would like to offer flexibility. Where you can attend Live, I would advise to do so or have extra catch up sessions with me to ensure that you are up-to-date with the training.



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If there happens to be a group of you from a particular part of the world where the times do not suit you very well at all, I would be more than happy to accommodate you in a group setting with alternative times and this can be discussed.

Online facilitation days

This takes place from Module 2 where you will learn and get to practice facilitating a class for the group. The idea here is that you will deliver an online class and the group / parts of the group (depending on the size) will be your students. We will discuss this in depth when the time comes for that.

Dates for the next Online Training Courses:

Module 1: Thursday 1 October – Sunday 4 October 2020

Module 2: Friday 23 October – Sunday 25 October 2020

Module 3: Friday 13 November – Sunday 15 November 2020

Costs

EARLY BIRD DISCOUNT IF YOU PAY IN FULL: R11 800.00 | \$770.00

(Group 2: Early Bird Discount Available Until 18th August 2020)

PAYING IN FULL BEFORE THE START OF THE COURSE: R12 800.00 | \$870.00

Payment plans available. Please enquire.



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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 Online Teacher Training.
This will be couriered to you if you live in another city or country.
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. I would suggest that you practice Live Facilitation when you get the chance.
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 😊

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. How to facilitate online
19. Intuitive sound healing – with music, voice and instruments
20. 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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