

# JOURNEY THROUGH DANCE

## Teacher Training

### 2021

### 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 18 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 have attended at least 2 of my classes or sessions (in person or online).

## How long will the training be?

1. This training is divided into 3 modules (11 days in total).
2. You will be required to attend every class.
3. Most days will start at 9:30am and finish at 5pm (South African Time).  
Saturdays will usually be 2:30pm – 5:30pm

## For Online Classes

### Internet Connection

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



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

Due to the nature of this training, all participants will be required to join LIVE. There will be certain parts of the training that would be possible to do via recordings, but this would need to be discussed on a per -person basis.

## Dates (Cape Town)

**Alchemy, 76 Mount Rhodes Drive, Hout Bay**

**Module 1:** March 25th – 28<sup>th</sup>

**Module 2:** April 8th – 11<sup>th</sup>

**Module 3:** April 23th – 25th

## Dates (Online - via Zoom)

**Module 1:** February 11th - 14th

**Module 2:** February 25th - 28th

**Module 3:** March 12th - 14th

**OR**

**Module 1:** May 6th - 9th

**Module 2:** May 20th - 23rd

**Module 3:** June 11th - 13th

## Costs

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

*(Cape Town Early Bird Discount Available Until 25th January 2021)*

*(Online (1) Early Bird Discount Available Until 21st December 2021)*

*(Online (2) Early Bird Discount Available Until 22nd March 2021)*

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

## **MODULE TWO:**

### **Sacred Space, Ritual, Going deeper into the Shadow & Shamanic Medicine**

1. Shamanism
2. Creating sacred space
3. Space Clearing
4. Protection
5. Application of Crystals to support holding sacred space



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6. Working with Guides / Angels / Symbols
7. Power Animals
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. How to create a Journey through Dance class
13. Frequency
14. Shadow, Ego, Light / Shadow
15. Foreign Energies and Entities
16. Vibration and Sound Frequencies
17. Chakra Sounds
18. Strengthening Intuition
19. Working with music
20. Brainwave state frequencies
21. Intuitive sound healing – with music, voice and instruments
22. Students to facilitate sessions
23. Revisions and discussions

## MODULE THREE

### Unity, Ancestral Healing, Inner Dance, Integration and Celebration

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

For enquiries / bookings, please email: [leigh@journeythroughdance.co.za](mailto:leigh@journeythroughdance.co.za)



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