

# DVD of the Dances, Exercises and Movements in Biodanza

with H el ene Jeanne L evy Benseft

## DVD 1

1. Baptism of light
2. Rhythmic coordination in two's
3. Dance of Brahma
4. Sensitive arms dance
5. Displacement with Levity Dance
6. Expressive dance with levity
7. Dance of harmonic extension
8. Dance of maximum extension
9. Dance of fluidity – Series 1
10. Dance of heron
11. Dance of hippo
12. Dance of Yin-Yang integration
13. Rhythmic expressive dance
14. Rhythmic dance
15. Dance of seed
16. Dance of snake
17. Dance of tiger
18. Dance of Shiva
19. Dance of Vishnu
20. Yang Dance
21. Yin Dance
22. Integrative elasticity
23. Motor integration of the three centres
24. Kinaesthetic integration of the three centres
25. Game of the Chinese fan
26. Walk with determination
27. Walk with majesty
28. Walking with affective motivation
29. Physiological walk
30. Synergic walk
31. Segmentary movement of the pelvis
32. Segmentary movement of the chest and arms
33. Segmentary of the hips
34. Segmentary movement of the neck
35. Segmentary movement of the shoulders
36. Breathing dance
37. Synergic jump
38. Rhythmic variations

## DVD 2

1. Accompany the other's growing (previously named « Blossoming »)
2. Dance of harmonic opposition
3. Dance of harmonic opposition (variation)
4. Dance with minimum contact
5. Dance of friendship
6. Dance of the seed in two's
7. Dance of transport heart to heart
8. Giving and receiving containment in two's
9. To give and receive a flower
10. Segmentary movement of chest and arms, in two's
11. Segmentary movement of the shoulders in two's
12. Segmentary movement of the pelvis in two's
13. Segmentary movement of the neck in two's
14. Affective protection by caressing the chest and the arms
15. Regression to the state of infant-hood through caresses of the face
16. Abdominal breathing
17. Melodic synchronicity in two's
18. Melodic synchronicity in two's (variation)
19. Silent syntony in two's

## DVD 3

1. Connection to one's own strength
2. Dance of fire
3. Dance of fluidity with images
4. Dance of fluidity in two's
5. Dance of fluidity – Series 2
6. Dance of fluidity – Series 3
7. Dance of air
8. Dance of water
9. Dance of creation
10. Dance of earth
11. Dance of earth and air
12. Free dance of fluidity
13. Rhythmic dance with central movements
14. Rhythmic dance with peripheral movements
15. Eutony in groups of three
16. Eutony of the hands
17. Eutony of the feet
18. Eutony of the whole body
19. Interpretation of the melody (or Expressive melodic dance »)
20. Interpretation of the melody (or Expressive melodic dance ») (variation)
21. Freeing of the movement
22. Deepening of the musical vivencia (« be the medium of music »)

## **DVD 4**

The Generative Positions are organized by Codes according to the level of vivencial integration they require. There are three codes. The DVD is organized according to the Codes, and such as they appear in the Official Catalog of the Exercises of Biodanza – 2009 Updating (IBF – Methodological Council).

- **Series Code 1**

1. Connection to the infinite
2. Intimacy
3. Valour
4. Protecting life
5. To give-To give oneself
6. To receive
7. To ask
8. Work

- **Series Code 2**

9. Floating in the amniotic fluid
10. Connection to the Primordial
11. Self donation
12. Expansion (Starman)
13. Timelessness
14. Determination
15. Encuentro Toward the encounter with the brother

- **Series Code 3**

16. Receiving the grace
17. Ascension
18. Evocation and liberation of inner energy
19. Magnetism
20. Sky-Earth Connection
21. Inspiration
22. Illumination

## **BONUS**