



ECOLE DE BIODANZA SRT MEDITERRANEE

Association CADRE MEDITERRANEE

Formation des Facilitateurs de Biodanza Système Rolando Toro Araneda

Direction : Catherine Charbonnier, Hélène J. Lévy Benseft, Michel Bercher



## **ESPACE EXCELLENCE DU FACILITATEUR**

*Formation Continue*

### **EXTENSION – IDENTITY AND GENDER**

**For an integrated approach of Deep Femininity and Masculinity**

Deepening the knowledge of how the different levels of our identity expression relate according to the gender. Explore how the perception of one's gender impacts our being in the world according to our sexual tendencies and options.

With

**HÉLÈNE JEANNE LÉVY BENSEFT – ANTONIO SARPE**



Training in Two Modules :

**Module 1 from 14 to 18 August 2019**

**Module 2 from 19 to 23 August 2020**

From Wednesday 14h30 to Sunday 17h00

**Trimurti Village**

642 Chemin du Val de Perrier, 83310 Cogolin (France)

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This training will result in a Diploma in the Extension.  
Accessible to duly certified Biodanza Teachers, and to Students in phase of Supervision.

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## ***Presentation :***

The diversity of the forms of organization of our societies, since the dawn of our humanity, shows us that, at all times and everywhere on our planet, these are marked by the distinction between the masculine gender and the feminine gender. Between men and women.

This has been a kind of archeology at the root of behaviors, roles, perception of oneself and of the other, depending on the side we belong to. This has caused a biologically determined gender perception whose expression varies from one society to another, from one era to another, from one individual to another. This archeology - or collective unconscious combined with personal history - is moved by instinctive forces, representations, landmarks.

## ***Expression of identity with regard to deep femininity and masculinity and an archetypal approach.***

The social evolution of the past two centuries, especially the last fifty years, has shaken all these references, forcing us to question the notions of masculinity and femininity in the light of this evolution. Apart from any sexist determinism, any ideology and any prejudice, Biodanza is a process of full expression of everyone's identity. When we talk about gender identity, Biodanza invites us to delve into its archetypal roots.

This process is based on the rehabilitation of specific passage rituals for men and women. By creating spaces of exploration, specific to each of the two main genders (intimacy, complicity, sharing, openness, exploration) we promote both knowledge of oneself (which man, which woman am I outside of any sexual option) and an intimate knowledge of the other beyond all introjected clichés. For archetypal reality predates existential options and sexual preferences.

This training allows the facilitator of Biodanza to master the holding of founding rituals - very often absent from our social relationships - to better support people in the path of self-knowledge and knowledge of the other, in the way to coherence, for fulfilling relationships.

## ***Content of the training :***

The content of this training was designed and created by H  l  ne Jeanne L  vy Benseft and Antonio Sarpe, based on the indications of Rolando Toro Araneda. It takes into account the societal evolution regarding the concept of gender identity.

### **Module 1 – Identity and Gender :**

- Man, woman, concepts of gender and sexual orientation.
- Progressive approach of the Gender Identity in Biodanza
- Deepening of the Gender concept by way of the Yin and Yang Archetypes.
- Creation of a process designed for workshops on this theme.

### **Module 2 – Identity and Gender :**

- Development of identity expression in the different genders, with the Four Elements and Four Animals, according to gender (Elements and animals associated to men and women).
- Development of Identity expression with the Mythological Archetypes (Gods and Goddesses).
- Creation of a process designed for workshops and weekly session on this theme.
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**For both modules, documents and recordings will be supplied, as well as indicated music.**

## **PRACTICAL INFORMATION**

### **CONDITIONS :**

*This training is accessible only to Biodanza Certified teachers and Teachers under supervision.*

### **FEE FOR THE WHOLE TRAINING :**

- Up to 31 May 2019 : **750 €** (for the two modules, in one or two payments)
- After 31 May 2019 : **900 €** (for the two modules, in one or two payments)

This training is given in two undivided modules of five days each, in a year distance one from the other. This has been decided in order to allow trainees to apply an implement what has been studied between the two modules.

The above fee does not cover accommodation.

### **HOW TO REGISTER :**

*The attached Registration Form is to be sent to the undernoted address with your deposit cheque (for 150 €) or copy of bank transfer confirmation (for the same amount).*

### **Postal Address :**

*Ecole de Biodanza SRT Méditerranée  
Chez Catherine Charbonnier  
615 chemin des Rougières  
06510 Carros (France)*

### **FOR YOUR ACCOMMODATION,:**

Please contact directly TRIMURTI VILLAGE (undernoted link) :  
<https://www.trimurti.fr/hebergement-groupes.html>

### **FOR FURTHER INFORMATION :**

Michel Bercher : 06.08.40.52.96 - [michel@biodanza-med.com](mailto:michel@biodanza-med.com) ou  
Hélène Lévy Benseft : 06.64.84.63.09 - [helene@biodanza-med.com](mailto:helene@biodanza-med.com)  
<http://www.ecolebiodanza-med.com/FR/stage.php?t=1&id=89>

## REGISTRATION FORM

Ecole de Biodanza SRT Méditerranée - 615 chemin des Rougières - 06510 Carros (France)

### NAME OF THE EXTENSION : IDENTITY AND GENDER

Dates : Module 1 : 14 to 18 August 2019 - Module 2 : 19 to 23 August 2020

Full name :

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Address :

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E-mail Address :

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Mobile Phone :

Other Phone :

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- Certified Biodanza Teachers  
 Facilitator in Process of Certification/Supervision  
 School \_\_\_\_\_
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I register to the training Extension « **Identity and Gender** » and I am sending my registration form to : **Ecole de Biodanza SRT Méditerranée** – Chez Catherine Charbonnier - 615 chemin des Rougières - 06510 Carros (France)

I enclose herewith my deposit cheque in the name of **CADRE MEDITERRANEE** , for an amount of 150€ (the cheque will be deposited on our account after Module 1).

I enclose herewith copy of the confirmation of bank transfer for the deposit of 150 € :  
**CADRE MEDITERRANEE – CAISSE D'EPARGNE COTE D'AZUR - Avenue Elise - 06140 VENCE**  
IBAN : FR76 1831 5100 0008 0039 7389 184  
BIC : C E P A F R P P 8 3 1

I acknowledge that I have been informed that any deposit will not be refundable with the exception of a « Force Majeure » reason, (as stated in the article 1148 of Civil Code France).

I will be accommodated in the venue, according to availability at the moment of my booking with Trimurti Village. I am responsible for direct booking with Trimurti Village through the website : <https://www.trimurti.fr/demande-hebergement-stage.html>

I will be accommodated outside the venue of the training.

DATE :

SIGNATURE :

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