

Freedom
adventurous mind

Rigour
scientific mind

Virtue
simple heart



Danza Duende



"Dancing your Life"

Authentic in your art, Artist in your life !



Danza Duende® is a training under all aspects of our lives, which allows us to value and elevate our existence by dancing. It leads us to discover the art being as we are and to open ourselves to the potential of our free and loving nature.

This project has been created by Yumma Mudra* with the purpose of transforming our lives into an art practice. It comprehends different activities whose aim is to cultivate basic goodness in our daily lives.

In our international trainings several teachers gather together their different artistic skills in order to offer a strong synergetic work that includes exercises on perception, intelligence and developing braveness, as well as on nourishing a spirit of joy and generosity.

It is a long-term training that allows us to visit the very sources of form in our own mind and to discover our intrinsic potential so that we can work in all aspects of life as if we danced our lives.

Authentic in your art, Artist in your life !

The main goal of the Duende methods is to develop our perception of space, courage, the capacity to improvise, to create forms, to adapt ourselves to changes, to capture movements quickly, to express ourselves clearly and intensely, to communicate and to be flexible and generous when working with others.

Danza Duende® is a training that promotes ethics and joy in the transmission of art.

Danza Duende
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All the activities and retreats are opened for both sexes

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