

# *Danza Duende*

## Level 0

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### 1. Creation of Duende Dance

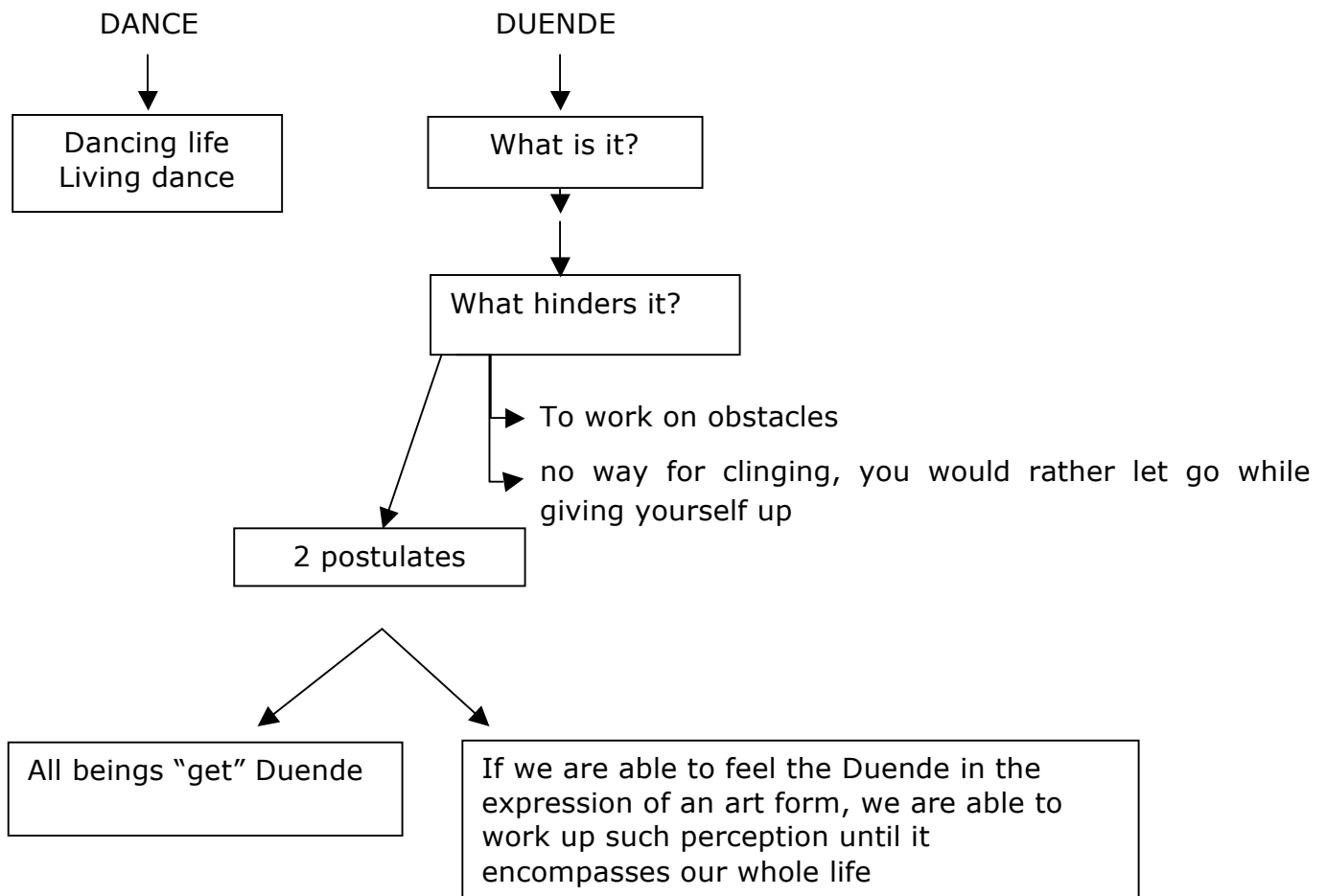
To summarize the reasons for Yumma creating Duende Dance + to list her background sources: ballet, folk dancing stylization, martial arts, Buddhism, yoga, belly dance, qi gong and sufi whirling.

Principal reason: the quest for a kind of art, which could be of worth for all human beings and for the whole human community, without being restricted to a single form.

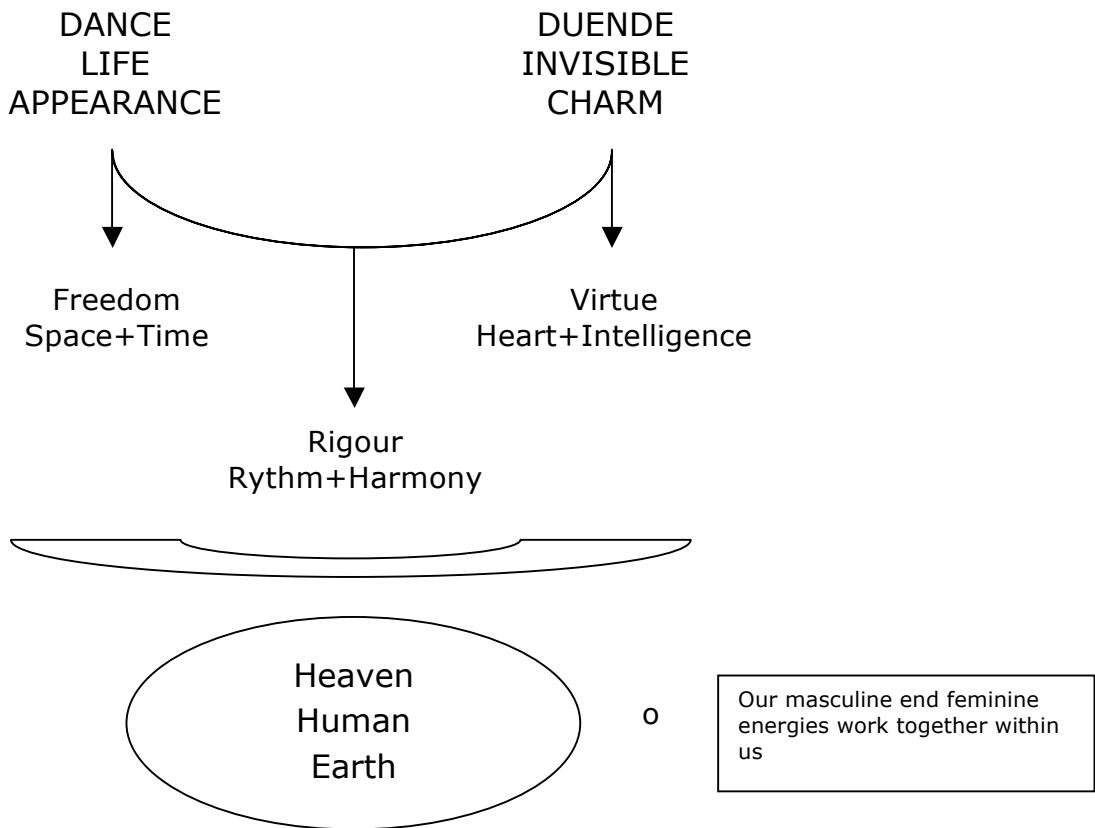
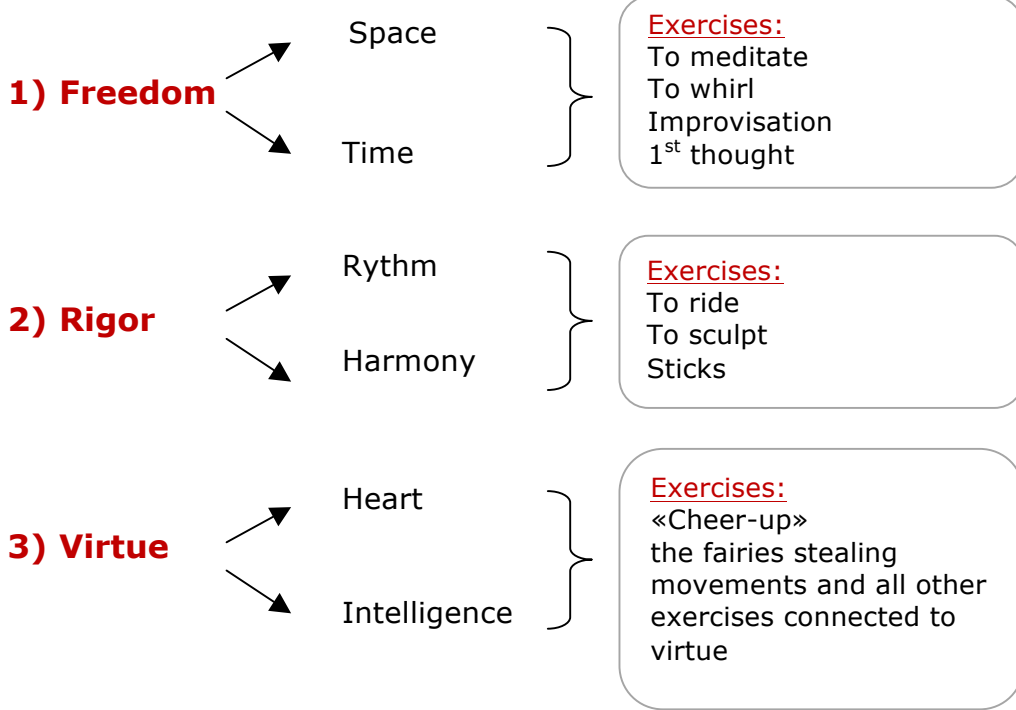
To create a set of experiences which would contribute to positively affect education in its general meaning and to introduce **the training of the mind and the learning of the forms.**

### 2. Personal path of whom introduces level 0 of Duende Dance

### 3. Structure of the Duende Dance project



3 all-encompassing definitions of the training, which exclude their opposites:



### **3.1. Training in Duende Dance**

#### **The Levels**

- 0) Duende Dance theory
- 1) To discover heaven and transform suffering
- 2) To work on emotions, to invite wisdom
- 3) To fulfill a Duende Dance path of one's own
- 4) To learn how to manage level I
- 5) To develop the feeling of conscious interdependence and to work on the recipient and on intention
- 6) The spirit of the absolute beginner

### **3.2. Neighboring forms**

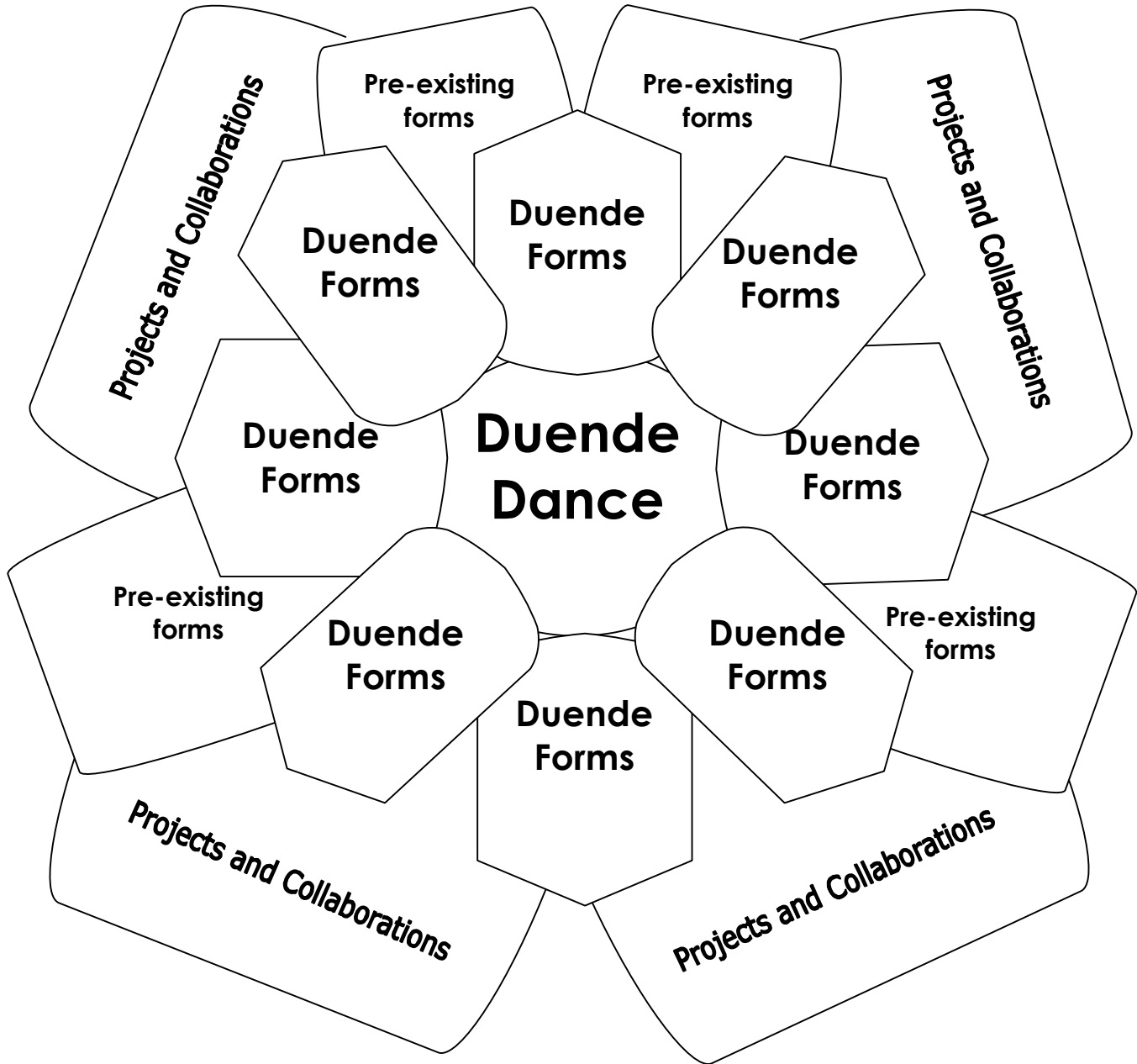
- a) Forms adjoining Duende Dance experience to a pre-existing form (Gypsy Duende, Duende Warrior, Oriental Duende), thus completing it
- b) Free and theme-based workshops: Free Duende
- c) Forms created by means of the technique (first thought, best thought, sculpture, feeling, let go, going back to space, to alternate with freedom)
- d) Forms from different schools collaborating with Duende Dance (Maqamat, Dharma, Clown, Massages, Qi Gong, Aikido, Feldenkrais, Gurdjieff)

In any case Duende Dance can act also as a vehicle of connection and promote such techniques that are useful to improve human beings' life.

### **3.3. The international network**

- a) To create a market, which meets the requirements of Duende Dance: non-violence and development of Fundamental Goodness
- b) To realize the theory of « conscious interdependence » by creating situations in which deep synergies melt away to be created anew (something rises, something goes down) (help with the two meanings of birth and death)
- c) To promote the vision of Duende Dance with the purpose of introducing it in educational systems, in order to develop a kind of learning, which unites visible and invisible movements (mind, consciousness)
- d) To promote a spirit of solidarity and collaboration with different projects, which share the same criteria of freedom, rigor, and virtue.

**Flexible and Moving Network**



**Network of conscious interdependence**

Anyone who stay at the centre can become a peripheral point and vice versa

