

DANZA DUENDE

Dance your life

"When awareness is shining, then Duende has its birth. If art is Duende, why can't be life?"



Levels of vocational training

by Yumma Mudra

The professional training to have full credential to become a Danza Duende teacher is presented in 6 levels to be completed in 8 stages (level 0 and the level 1 must be followed twice).

Up until level 3, half of the formation, levels can be followed in the order that the student chooses. For the further levels, one must follow the chronological sequence.

The time between each level is free and limitless.

The timetables during each level are not to be published. They can change during the workshop depending on circumstances, weather and need of the group.

The student commits to participate fully in all the sessions and to keep an attitude of retreat during the entire workshop as much as possible

Danza Duende is about dancing life and living dance. So it is about art as daily life behavior. The goal is to share ways to enhance human wisdom and compassion in society by a vision of Art on the individual plan. The goal on the level of society is to create a genuine awareness of interdependency in human activity and business.

LEVEL 0

Theoretical explanation about the Danza Duende Training

Description of the Danza Duende synergetic net school, and the forms influenced by Danza Duende such as Oriental, Gypsy or Theatre Duende for example.

2 sessions of 3 hours.

LEVEL 1

Base, path and fruit to dance life: the alchemic dance

The transformation of suffering and celebration of basic goodness.

7 days retreat in nature.

LEVEL 1 bis

Helping others on the alchemic path of dancing life

Repetition of Level 1 with a more compassionate approach to the program as an assistant.

LEVEL 2

Dancing the Mandala of the 5 seasons

The five colors related symbolically to humans neurosis and wisdom through the tantric vision of a Mandala is the inspiration of this deepening into the realms of artistic quest. How to dive with a loving heart into emotions, avoiding making that experience a creative "ego trip" that traps one into delusion. And how to awaken gently the natural potential of Wisdom of this energy, giving ourselves the best conditions to express it fully, with authenticity, good heart and freedom.

7 days retreat in nature, sometimes in town.

LEVEL 3

Charisma and Power

The student exposes his/her understanding of Danza Duende by the creation of a short activity of one's own choice to be presented to the group. Level 3 is the end of the personal journey. It usually leads to more power and charisma in your own presence but is not yet fully involved in the conscious interdependency Mandala. From this level, the student starts to train into teaching the level 0.

The time of the demonstration is 20 minutes.

The full session is 3 hours.

The student may do this level as an individual spontaneous session at any moment.

LEVEL 4

Teaching Danza Duende

The retreat is about how to teach level 1 as a director and also to revise the basis of the levels 0 and 2. Revision of the Dragon, of the 5 energies, of meditation instruction and of sacred whirling. Investigation on how to adapt the program to your own skills in order to create a level 1 that is adapted to one's own personal skills.

To be followed during a level 1 as assistance to the program with extra hours.

Through time, zigs
and zags and
deaths, I have
become
translucent, I sail
the sky, I ride the
clouds of memory,
without retaining
anything, without
forgetting anything
ever



LIVELLO 5**Developing a sensitive awareness of interdependency**

How Danza Duende helps one to develop a panoramic awareness of a whole situation? What is the vision of this pedagogic transmission? How and why would one invite others to become the center of a situation? How to offer to serve ones purpose as a peripheral participant and how to assume the center when the situation requires this?

Exercises to experience this kind of generous behavior in a team and to communicate genuinely as a teacher. Exchange of opinions about the task of a teacher and the importance of "letting go" in order to transmit Danza Duende

IN THIS LEVEL IS REQUIRED

To understand and fully remember how level 1 is built

To understand and fully remember how level 2 is built: "dancing the Mandala of 5 seasons".

Have personal experience in meditation, whirling, first thought best thought and further 5 steps, the Dragon dances, and some personal skill in "dancing Dreams" as the base for transmission.

Developing a spontaneous and growing personal sensibility about synergy in activities and the awareness of interdependency

To feel comfortable in the space of "not knowing" and with passing from chaos to order or vice versa.

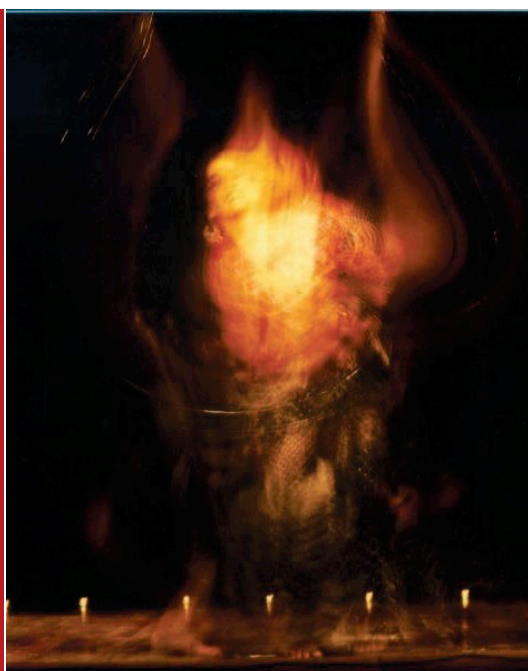
Based on the skills in these points, the student goes through an individual examination
Retreat of 5 to 7 days.

LIVELLO 6**Beginner's mind**

Last workshop of the training, the teacher is authorized to teach Danza Duende and signs with calligraphy his vow to cultivate each day the beginners mind in his activities and his life. This is the end of the Danza Duende official formation. The new teacher is invited to work along with others to train in his/ her own style of teaching livello della formazione.

Danza Duende requires a lot of generosity and gentleness, so the collaboration with others is incredibly helpful to understand the whole process and in order to know oneself better through the mirror of honest communication.

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Chogyam Trungpa

