



**BIODANZA SCHOOL SRT**  
**MONTREAL AND SOUTHWEST OF QUEBEC**  
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# Syllabus

Professional training  
in group facilitation and intervention  
through dance and movement  
Biodanza SRT Facilitator

2026-2029

The School – EBM is recognized by the International Biodanza Federation





## 1. Preamble

*"The foundation of Biodanza comes from a meditation on life, or perhaps from despair, from the desire to be reborn from our fragmented gestures, to free ourselves from our empty and sterile structure of repression. Or, even more simply, from nostalgia for love. More than a science, it is a poetics of human encounter, a new sensitivity to existence. "*

*Rolando Toro Araneda*

Biodanza is a system of animation and intervention that promotes human fulfillment through integrative experiences induced by music, dance, and group encounters. It consists of a set of dance exercises and selected music, organized according to a theoretical model whose objective is the integrated expression of the potential of life, present in each of us. Biodanza aims above all to stimulate the healthy part of this potential, perceived in terms of five major areas of expression: vitality, sexuality, creativity, affectivity, and transcendence, with the goal of strengthening in each person a process of autonomy, fulfillment, evolution, and solidarity. It is an approach based on existential rehabilitation, a true pedagogy of the art of living.

The exercise sequences follow rules that have specific objectives such as rhythmic integration, integration between affect and motor skills, rehabilitation of the instinctive response, expression of identity, better resistance to stress, improvement in health and mood, improved interpersonal and social communication, and rehabilitation of the original bond between human beings and nature. Biodanza is often defined as "a poetics of human encounter." By allowing access to a profound encounter with oneself, with others, and with the totality of the universe and the multiple manifestations of life, it stimulates a sense of existential aesthetics.

Biodanza teaches us to move, to express ourselves, to experience contact, to be more sensitive, to enjoy the joy and pleasure of living—in short, to feel life rather than think about it. It is a veritable laboratory that allows us to experiment with new behaviors, new openings, and new possibilities. It invites us to discover our own existential answers through expression and action. By drawing on the extraordinary creativity inherent in each and every one of us, Biodanza promotes the development of our ability to blossom, unfold, and ultimately realize our full potential as human being, as being together, and as being in the world.

Biodanza was created in Chile by Professor Rolando Toro Araneda, who drew his inspiration from anthropology and ethology. The theory of Biodanza is therefore based on all life sciences (biology, physiology, neuroscience, philosophy, psychology, etc.).

In Quebec, it was with Michel Loignon's dream and his determination to bring it to life that the school's history began nearly 23 years ago. The first school in Quebec was founded in 2003 by Europeans H el ene L evy Benseft, Olivier Dettwiler, and Isabelle Dettwiler Lor etan. Michel Loignon, Sylvie Lavoie, Maira Martinez, and Dorotea Pok worked as part of the coordination team, ensuring continuity here in Quebec.

Thanks to these pioneers and the help of several passionate volunteers, Biodanza was able to take off and develop in our region.

In the fall of 2014, a new chapter of our history began. For the first time, the school had a director and an educational council made up entirely of Quebecers. It was a surprisingly paradoxical moment: a new Biodanza school was born in Quebec, and yet the work continued. The École de Biodanza SRT – Montréal Sud-Ouest du Québec has its roots and origins in the Montreal Biodanza School, of which it is both the successor and the offspring.

And the adventure continues. With each new cycle, the school is reborn. Although the Director remains the same, the teaching council is transformed. And as always, the team is driven by the same passion, the same love of the human process, and the desire to accompany all those who come to learn, with professionalism, sensitivity, and tenderness.

## **2. Participating in Biodanza Facilitator Training**

There are many reasons for undertaking facilitator training. The desire to become a facilitator may be present from the outset and be the primary motivation for undertaking this training. However, it is also possible to undertake this learning cycle without necessarily wanting to facilitate. For some people, taking this training—as a student of the school—corresponds to a real desire to deepen their knowledge of the theoretical and conceptual elements underlying Biodanza. Others are motivated more by the desire to join a group that, over a period of three years, will undergo an intense evolutionary process through Biodanza. And sometimes the desire to teach arises during the training. Whatever the motivation, the training is the same for everyone. It is at the end of the training that vocations are confirmed or revealed. Our goal is to accompany an integrative process that respects the desires and needs of each individual.

## **3. Becoming a Biodanza facilitator**

There is no new path, no path that no one has traveled before us. There is only a new way of traveling. Thus, a Biodanza facilitator is someone who wants to work to facilitate a process through which each person reappropriates their own path in life. The facilitator is first and foremost a lover of Biodanza who wants to share this approach and actively participate in the development of a healthier, more humane humanity.

During their training, apprentices will be guided in a profound reflection on life and the essence of living beings. It is through a rich and intense group process and, above all, through vivential experimentation that they will be able to develop the skills and the theoretical and methodological knowledge necessary to practice the profession of Biodanza facilitator.

Becoming a Biodanza facilitator means choosing to embark on a profound journey of personal transformation. If you choose to join us for this cycle, you will be invited, throughout these three years of training, to dive with us into a space where our relationships will be our fertile ground for experimentation and our experiences will be the cauldron in which we forge the gold of our identity.

Since we all arrive with knowledge, experiences, skills, and a history, we will be able to offer ourselves the opportunity to put the wisdom that dwells within us at the service of our growth and that of the group. In this way, we will be able to learn from each other at all times and create together a safe and stimulating environment for the development of each and every one of us. In short, the facilitator training process offers both a comprehensive and varied curriculum and a process through which we transform ourselves as we learn.

#### **4. Mission of Biodanza SRT Schools**

Although they offer a fantastic process of human development, the main mission of Biodanza SRT schools is to train practitioners capable of planning, facilitating, and evaluating activities that promote individual and collective well-being through an experiential approach integrating movement, music, and group dynamics

The training aims to develop professional skills in group facilitation, human intervention, and the creation of educational and recreational leisure activities through movement, within an ethical, safe, caring, and respectful framework for individuals and their processes.

To meet these objectives, the Biodanza SRT Schools of Quebec follow the unified program of the International Biodanza Federation (IBFed), which brings together more than 220 schools in 43 countries around the world.

- **The organization of the École de Biodanza SRT – Montreal and Southwest of Quebec**

- **5.1. School management – The board of directors**

- The Biodanza - Rolando Toro System Schools are run by people appointed by the IBFed - International Biodanza Federation - the organization that governs Biodanza facilitator training worldwide.

- The Director of the Biodanza SRT School - Montreal and Southwest of Quebec (EBM) is

- Maira Martinez**

- And its board of directors:

- **Geneviève Sirois**, Scheduler and Executive Assistant
    - **Anne Marie Riel**, executive assistant

- The management outlines the training program and appoints the educational council.

## **5.2. The educational council**

The educational council is the team that:

- Organizes the training curriculum and develops the school's educational approach based on the IBFed's unified training program
- Organizes and ensures the quality of the supervision and individual educational monitoring of students in training.

The council works collegially and operates on a consensus basis. It provides support for both students in training and the school's Director.

The members of the EBM Pedagogical Council are:

- **Geneviève Sirois**
- **Geneviève Grenier**
- **Anne Marie Riel**
- **Donna Levesque**
- **Maira Martinez**

## **5.3. The teaching staff**

Each school must welcome a minimum of five different teaching facilitators (trainers) per year to present the training program. These facilitators are invited by the school's management. The regular teachers for this next training cycle are the members of the teaching council and guests who are yet to be determined.

## **6. Training structure**

The training lasts approximately four years, including three years of classes followed by a year of professional integration internship and the writing of a monograph or thesis.

Students also commit to attending a weekly Biodanza group throughout their training and participating in workshops to deepen their vivencia.

### **6.1. Years 1 and 2 – Theoretical foundations and analysis of the work function**

These first two years comprise 21 modules aimed at developing an in-depth understanding of:

- the theoretical foundations that support the practice of Biodanza SRT.
- the various dances and movement sequences from the *Official List of Biodanza Exercises, Music, and Instructions (CIMEB-2012)* and supplementary lists, and their correct execution and use.

- the professional role of socio-recreational educational facilitators through Biodanza SRT movement.
- the importance and place of socio-recreational educational leisure in maintaining personal and collective well-being.
- the biological, physiological, psychological, and social foundations of well-being
- client needs and group dynamics.
- communication, non-therapeutic helping relationships, and responsible intervention.

Each training weekend is divided equally between theoretical activities, practical Biodanza SRT dance activities, and real-life experiences to promote the integration of learning.

### ***6.2. Year 3 – Facilitation methodology and activity programming***

The third year includes eight methodological modules and experiential internships that enable participants to:

- design and structure weekly Biodanza SRT sessions
- plan projects, programs, and socio-recreational educational leisure events focused on dance and movement—Biodanza SRT
- master group facilitation, adaptation to clientele, relationship management, and activity evaluation.

### ***6.3. Year 4 – Supervised professional integration internship***

The end of the third year and the fourth year are devoted to the certification process. To become certified, students must:

- **form and lead a real Biodanza SRT group under the supervision of a teacher appointed by the school administration.**  
This allows the trainee to apply all the skills they have acquired and demonstrate their ability to reflect, plan, evaluate, and continuously improve their professional practice.  
The trainee will be supervised in their group until the quality requirements are met.
- **Write a monograph or thesis.**  
Allows the trainee to demonstrate their capacity for reflective analysis and depth of understanding of the approach.

#### **6.4. Assessment of learning outcomes and skills**

Progress and success in the training program are based on a structured set of learning assessments:

- Syntheses/integration reports: a written assignment is required for each module, assessed using a criteria grid specifying the expectations for content integration.
- Practical assessments: observations noted on skills during co-facilitation and facilitation activities and observation during movement quality exercises, carried out using assessment grids.
- Supervision: monitoring sheets including progress objectives, observations, and validation by the supervisor.
- Supervised group leadership: the trainee will be supervised for a minimum of 8 sessions or until the quality criteria required by the school management are met.
- Monograph: final work structured around a framework, with a defined schedule and acceptance criteria, demonstrating the ability to reflect and a deep understanding of the approach, subject to acceptance by a jury and approval by the school administration.

#### **7. Admission criteria**

1. Regular participation in a Biodanza group whose facilitator is duly accredited by the school
2. Have completed a minimum of 50 hours of vivencia (practice) of Biodanza in weekly classes. If the required number of hours has not been reached, it may be possible to complete them, under the guidance of the school's management, during the first months of the training.
3. Complete the form outlining your personal motivations for pursuing Biodanza Facilitator training, accompanied by an autobiographical summary.
4. Have:
  - a. Either training or practical experience related to life sciences or a human development discipline.
  - b. Either a level of education corresponding to completed secondary education.  
*Exemptions will be considered on a case-by-case basis.*
5. Not present significant dissociations in relation to the criteria of bodily and emotional integration of Biodanza.
6. Provide a letter of recommendation from the incumbent facilitator recommending the student to the training school.
7. Have an interview with the administration.

## **8. Auditor status**

Those who wish to deepen their knowledge and experience of Biodanza without committing themselves may register as auditors for the first two years of the cycle. Auditors may request to join the training group at any time, provided they meet the admission criteria and submit integration reports from previous workshops. Guest auditors do not receive the teaching materials or support offered to committed students. When a guest auditor chooses to join the training, they are given the training documents relating to the modules they have completed so that they can write their integration reports.

## **9. The training program**

The training program consists of four main components: theoretical modules (21), methodological modules (7), and the certification process.

In-depth studies (4): two intensely personal transformation workshops called "Projet Minotaure" and two seminars on theoretical studies complete the curriculum.

Here is the list of internships included in the training program:

### **1. Theoretical modules**

Module 1 Definition and theoretical model of Biodanza

Module 2 The vital unconscious and the biocentric principle

Module 3 The vivencia

Module 4 Biological aspects of Biodanza

Module 5 Physiological aspects of Biodanza

Module 6 Psychological aspects of Biodanza

Module 7 Mythical and philosophical antecedents of Biodanza

Module 8 Identity and integration

Module 9 Trance and regression

Module 10 Contact and caress

Module 11 Human movement

Module 12 Vitality

Module 13 Sexuality

Module 14 Creativity

Module 15 Affectivity

Module 16 Transcendence

Module 17 Mechanisms of action in Biodanza

Module 18 Social action

Module 19 Applications and Extensions of Biodanza

Module 20 Biodanza – The Great Art (Ars magna)

Module 21 Music in Biodanza

## **2. Methodology**

Module 22 Methodology I (Musical Semantics)

Module 23 Methodology II (The Biodanza Session)

Module 24 Methodology III (The Biodanza session – continued)

Module 25 Methodology IV (Weekly classes and Biodanza workshops)

Module 26 Methodology V (The Biodanza group)

Module 27 Methodology VI (Criteria for evaluating development in Biodanza)

Module 28 Methodology VII (Sequential dances and generative postures)

## **3. Advanced workshops**

The School will offer two experiential advanced workshops:

Minotaur Project I (during the second year)

Minotaur Project II (during the third year)

And two theoretical advanced seminars (at the end of the third year)

**Participation in all Modules is mandatory for students in training.**

## **AbseSnces**

Students enrolled in the program may not miss more than three internships per year.

Any missed internship must be made up either at the school during the next cycle or at another accredited school.

To begin the process of becoming a certified teacher, students may not have more than three internships to repeat.

**In the event of absence during a weekend, students must pay half the cost of the internship.**

## **10. Certification Process**

The certification process consists of a cycle of supervision and the writing of a monograph or thesis. The time allowed to complete the entire certification cycle is one and a half years from the last Module of the final year of training.

- The supervision cycle comprises 8 to 15 supervision sessions. It ends when the principal supervisor and the board of directors, based on careful observation and objective evaluation of the process completed, are convinced that the trainee's work meets the quality standards of a professional practitioner.
- The monograph will be 35 to 100 pages of text (not including images and graphics) and will be practical or theoretical in nature. The intern will be accompanied throughout the writing process by a mentor appointed by the board of directors. When completed, it will be submitted for acceptance by a jury and approval by the school's board of directors in a public ceremony.

Upon completion of the certification process, the student will receive a diploma from:

- The School of Biodanza-SRT Montreal and Southwestern Quebec.
- The International Biodanza Federation — IBFed

### Calculation of the number of training hours:

28 theoretical and methodological training modules (18 hours/module)	504 hours	504
2 advanced training courses "Minotaure Project" (32 hours/course)	64 hours	64
Practical work/subgroup meetings and writing of integration reports (4 hours/module)*	112 hours	112
Minimum of 8 supervision sessions (4 hours/session)*	32 hours	32
Writing of monograph under supervision*	100 hours	100
Mandatory weekly classes 40/year x 3 years (2 hours min/class)	240 hours	240
<b>Total training hours</b>		<b>1052</b>
<b>Breakdown:</b>		
Total hours of classroom training or training in the presence of certified supervising teachers		840
Practical work/subgroup meetings and writing of integration reports (4 hours/module)*		112
Writing a monograph under supervision* (accompanied by a certified teaching supervisor)	Approximation	100

## Cost of training

This cost includes:

- Set of 28 modules at \$325 + tax **\$9,100 + tax**
- Teaching materials (one document is provided for each module)
- Personalized educational follow-up and reading of integration reports submitted by the student within one month of the course
- The basic list of music recommended by the International Biodanza Federation, necessary for conducting Biodanza sessions and workshops
- The International Biodanza Federation's catalogs of basic exercises required for conducting Biodanza sessions and workshops
- Support in writing the monograph for certification (**The hourly rate and number of hours required are determined with the supervisor you choose.**)
- 2 advanced courses (3 days) at \$425 + tax **\$850 + tax**
- 2 theoretical seminars **\$650 + taxes**
- Mandatory supervision cycle starting in the 3rd year:
- 8 supervision sessions at \$250 + tax **\$2,000 + taxes**
- File opening and training registration fees (non-refundable) **\$200 + taxes** **Total cost of**

**training without accommodation\*:** **\$12,800\* + taxes**

The entire training program is offered as a residential internship at **Vivarté, a resource and creativity center** located at 1458 chemin de la Vallée Missisquoi, Sutton, Quebec, JOE 2K0.

**\*The Biodanza SRT School in Montreal and Southwest of Quebec is an educational institution recognized by Revenu Québec and Revenue Canada. As stipulated in paragraph a of section 752.0.18.10 of the Income Tax Act, it can issue receipts entitling the holder to a tax credit for tuition fees (in revision because of law changes. To be confirmed)**

### Cost for auditors:

- Auditors per module without documentation **\$360 + taxes**
- Non-refundable deposit upon registration for a module as a non-degree student**  
**\$100**

### Payment terms:

The file opening fee is payable upon registration.

Internships are payable the week before the internship by Interac transfer or upon arrival, in cash.

**In case of absence during a weekend, the student must pay half the price of the course, i.e., \$162.50 plus taxes.**

### Accommodation price: The cost for weekends (2 nights) – 2026 to 2029:

- Shared room with bed and bedding: **\$110 + tax (\$126.50)**
- Dormitory in the church with your own bedding and mattress: **\$50 + tax (\$57.50)**
- Access to the venue and food (5 meals)**
- Access to the venue with 5 meals included: **+ \$105 + taxes (\$120.75)**
- Access to the venue with accommodation, without meals: **\$35 + tax**
- Access to the venue without accommodation and meals: **\$50 + tax**
- **The cost will be adjusted for the 3-day workshop.**



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Director: Maira Martinez

Assistant Directors: Geneviève Sirois and Anne-Marie Riel

### **Here is the school's calendar and program**

(The modules offered on each date are subject to change)

#### **2026**

**September 11, 12, 13:** Module 1. Definition and theoretical model of Biodanza

**October 2, 3, 4:** Module 2. The vital unconscious and the biocentric principle

**October 30, 31, November 1:** Module 3. The vivencia

**December 4, 5, 6:** Module 4. The biological aspects of Biodanza

#### **2027**

**March 5, 6, 7:** Module 5. Physiological aspects of Biodanza

**April 2, 3, 4:** Module 6. Psychological aspects of Biodanza

**May 7, 8, 9:** Module 7. The mythical and philosophical origins of Biodanza

**June 4, 5, 6:** Module 8. Identity and integration

**June 30, July 1, 2, 3, 4:** Module 9. Trance and regression & Module 10 Contact and caress

**September 10, 11, 12:** Module 11. Human movement

**October 1, 2, 3:** Module 12. Vitality

**November 5, 6, 7:** Module 14. Creativity

**December 3, 4, 5:** Module 15. Affectivity

#### **2028**

**March 3, 4, 5:** Module 13. Sexuality

**March 31, April 1, 2:** Module 16. Transcendence

**May 4, 5, 6, 7:** Minotaur Project

**June 2, 3, 4:** Module 18. Social action and Module 19. Applications and extensions of Biodanza

**June 29, 30, July 1, 2, 3:** Module 17. Mechanisms of action in Biodanza & Module 20. Biodanza – The Great Art (Ars magna)

**September 15, 16, 17:** Module 21. Music in Biodanza

**October 6, 7, 8:** Module 23. Methodology II (The Biodanza session)

**November 3, 4, 5:** Module 22. Methodology I (Musical Semantics)

**December 1, 2, 3:** Module 24. Methodology III (The Biodanza session – continued)

#### **2028**

**February 2, 3, 4:** Module 25. Methodology IV (Weekly classes and Biodanza workshops)

**March 2, 3, 4:** Module 26. Methodology V (The Biodanza Group)

**March 29, 30, 31, April 1:** Minotaure II Project

**May 4, 5, 6:** Module 27. Methodology VI (Criteria for evaluating development in Biodanza)

**June 1, 2, 3:** Module 28. Methodology VII (Sequential dances and generative postures)

**June 29, 30, July 1:** 1st theoretical in-depth seminar

To be determined: 2nd theoretical in-depth seminar