

# JOURNEY THROUGH DANCE

## Teacher Training

### 2025

## Welcome

Welcome to a training that I hope will transform, inspire and bring you closer to who you are.

## About the Training

This training is catered to not only teach you techniques and tools to become a movement, sound & conscious dance facilitator, but it has been created to help facilitate deep healing, the awakening of your purpose, your essence and the true Teacher inside of you. This training course will offer a safe and sacred space to develop trust within and to provide you with the knowledge, wisdom and guidelines to do work from the most authentic, heart-spaced place as possible. All of you are unique and all of you will take this training and do something unique with it!

I have learned many techniques over the last 22 years. I will share with you many things that I have learned.

Some of you might want to do this training for your own self-development while some of you might be doing this with the intention of becoming teachers or to become specifically dance, sound & movement facilitators. All of you are welcome to attend this course.

This is for anyone specifically wanting to explore and embody a deep healing path of conscious dance, movement therapy, sound healing and energy healing. You will also learn many different spiritual and shamanic healing tools, rituals and how to create safe and sacred spaces for healing.

In this training, you will learn sacred practices and effective techniques to guide others as well as heal yourself.



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This is an intuitive and experiential training course. Yes, you will learn facts and information. However, this is more a spiritual development course than an educational “note-book format” class. Please note that this is a deep self-transformational journey; so you will need to be committed.

I want to end off by saying that I am teaching you what that I have embodied, what I have been guided to share, and feel ready to teach.

## Who could benefit from this training?

1. Practitioners / therapists / dancers / healers that are interested in this field and are seeking greater depth & resources.
2. Anyone who is wanting to facilitate movement / dance / sound transformational and healing spaces
3. Individuals interested in their own personal growth and healing journey

## Pre-requisites

1. To be 18 years or older
2. To have some type of interest or experience with dance, movement or sound healing. Please supply info on this.
  - If not, what calls you to this training?
3. To have a strong willingness to work on yourself and to hold spaces with integrity.
4. Before the training course starts, you will need to have attended at least 2 of my classes or sessions (in person or online).

## How long will the training be?

1. This training is divided into 3 modules (11 or 12 days in total – depending on size of the group).
2. You will be required to attend every class.
3. Most days will start at 9:30am and finish at 5pm (South African Time). Saturdays will be 2:30pm – 5:30pm (unless otherwise discussed)



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## For Online Classes

### Internet Connection

Please ensure that you have an excellent internet connection with Uncapped Wi-Fi (or similar) so that you can effortlessly attend all classes online. I will need to see you on video.

### Do I need to attend Live or will all classes be recorded?

Due to the nature of this training, all participants will be required to join LIVE. There will be certain parts of the training that would be possible to do via recordings, but this would need to be discussed on a per-person basis and only if absolutely necessary.

## Dates 2025

### Online Training

**Module 1:** April / May (Dates to be confirmed)

**Module 2:** April / May (Dates to be confirmed)

**Module 3:** April / May (Dates to be confirmed)

### In-Person Training (Cape Town)

**Module 1:** 31st July – 3rd August (3.5 days)

**Module 2:** 14th August – 17th August (3.5 days)

**Module 3:** 29th August – 31st August (3 days)

## Costs

**EARLY BIRD DISCOUNT IF YOU PAY IN FULL:**

R14 500.00 | \$825.00

*(Online Early Bird Discount Available Until 15th January 2025)*

*(In-Person Early Bird Discount Available Until 31st March 2025)*

PAYING IN FULL BEFORE THE START OF THE COURSE: R16 500.00 | \$920.00

Payment plans available. Please enquire.



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## Certification & Thereafter

1. Upon completion of this training, you will be issued with a certificate of completion for Journey through Dance Teacher Training.
2. You are welcome to use the brand "Journey through Dance" to advertise your classes OR you might want to develop your own unique name and brand – both is acceptable.
3. You also might want to use these tools for your own healing and personal development.
4. You are free to teach anywhere in the world.
5. I would suggest that you practice Live Facilitation when you get the chance.
6. Please note that it takes time and patience to be a teacher, but all of us need to start somewhere! The world can use more conscious teachers.

## MODULES:

This is what you will learn during the training.

**Please note:** that some items here might move from one module to another, depending on how things flow.

### MODULE ONE:

#### Awaken the Calling of your Inner Dancer

1. Introduction
2. Meditation techniques
3. Connection to your Higher Self
4. Awakening Heart Consciousness within
5. Body, Mind and Heart Connection
6. Connecting to your Energy Field
7. Energetic Bodies
8. Becoming the Earth as Consciousness
9. Meridians and Basic Understanding of Energy Flow
10. Energy Bodywork
11. Connecting to the body through movement
12. Why dance can heal
13. Rooms of consciousness
14. Basic history of trance dance in past cultures



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15. Trauma in the body
16. Releasing in the body
17. Making Intentions and Creating your Reality
18. Chakra System Theory
19. Chakra Dance Exploration and Journey
20. The Four Elements Theory
21. Dancing the Four Elements
22. Spontaneous movement
23. Awakening the Feminine within
24. Working with energies of the Goddesses
25. Healing movements from various dance modalities
26. Revisions and discussions

## **MODULE TWO:**

### **Sacred Space, Ritual, Going deeper into the Shadow & Shamanic Medicine**

1. Shamanism
2. Creating sacred space
3. Space Clearing
4. Protection
5. Application of Crystals to support holding sacred space
6. Working with Guides / Angels / Symbols
7. Power Animals
8. Working with power animals within dance
9. What is in your Medicine Circle?
10. Soul Purpose Journey
11. Creating themes for your classes
12. How to create a Journey through Dance class
13. Frequency
14. Shadow, Ego, Light / Shadow
15. Foreign Energies and Entities
16. Vibration and Sound Frequencies
17. Chakra Sounds
18. Strengthening Intuition
19. What is your medicine? Your unique gift
20. Working with music
21. Brainwave state frequencies



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22. Intuitive sound healing – with music, voice and instruments
23. Activating Hidden Voice
24. Students to facilitate sessions
25. Revisions and discussions

## MODULE THREE

### Unity, Ancestral Healing, Inner Dance, Integration and Celebration

1. Setting up class procedure
2. Trauma release
3. Ancestral Healing
4. Working with the Divine Masculine and Feminine
5. Inner Dance Journey
6. Inner Dance Theory & Systems
7. Electricity and Magnetism
8. The Nervous System
9. Death and Rebirth
10. Birth Vision
11. How to work with fear
12. Fear Avoidance Cycle
13. Addictions
14. Brain Wave States & Brain Shifts
15. Releasing Processes
16. Womb healing
17. 13<sup>th</sup> Munay Ki Rite Transmission – Womb Rite
18. Students to facilitate sessions
19. Revisions and discussions
20. Closing Ceremony

For enquiries / bookings, please email [info@danceandremember.com](mailto:info@danceandremember.com)



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