

## MEDITATION OF THE DANCE – SACRED DANCE

### *Meditation and self-awareness in dance*

*"Dance is disengagement, is freed movement, it is wakeful aliveness. The one who dances attunes himself to the rhythm and becomes alive with the music."* Jörg Zink

It is intrinsic to the dancer to take a holistic approach to things. In dancing, the human as a sensual-spiritual being, can express an immediate and spontaneous joy of life, and, without words, articulate all inner movements of his soul. Dance can also be prayer, yet not only in the quiet steps of the andante, but also in the joyful leaps of the allegro vivo.

With Meditation of the Dance, a dance form was created which encompasses wisdom, beauty, and a third quality: mindful togetherness. With Meditation of the Dance, I am showing the way to an "alternative dance" which, in its symbolic character, also has a lot to do with philosophy and is followed with joy by both young and older people. The symbolism of the dances is reflected in the structure of the music accompanying the dance, in time, rhythm and form. The chosen topics are intended to be re-experienced and re-enacted in dance. In dance, the individual is enabled to truly explore and experience oneself and ones "instrument", the body. - Here exercises from the classical ballet are important, necessary and helpful. Only then, will the dancers begin to understand themselves. Thus, Meditation of the Dance - as a living answer to the quest for meaning - can become a path of self-discovery, whereby working in the group also breaks down the walls of loneliness which so many have built up around themselves today.

### WHO IS ELIGIBLE?

The course is open to professionals engaged in social and church work and in the fields of health and education.

This intensive seminar or annual cycle course is also suitable for those who have already practiced meditation and dance for some time, and who want to go deeper into Sacred Dance—Meditation of the dance. On completion, the participants are entitled to use the dances studied on the course, also didactically, in their own professional fields

### THE AIM

Dances and Choreographies by Friedel Kloke-Eibl, Saskia Kloke and Bernhard Wosien to classical, religious and folk music will be learned and are the subject of in-depth study – they are an aid to the individual's inner composure – and also circle and round dances from many folk traditions. Using simple exercises from classical ballet and other sources, we try to promote awareness of body and space. There will be an introduction to the symbolic content of the dances, which will be grouped thematically (e.g. meditation and prayer / symbolism of the spiritual path, etc.).

### METHODOLOGY AND SUBJECTS COVERED

- Training in body consciousness and spatial awareness
- Perception training
- Didactics
- Analysis of dances - Numerology
- Listening to music (phrasing, rhythm)

#### 1<sup>st</sup> year

4 elements / 4 seasons / Cross and Circle

#### 2<sup>nd</sup> year

Dance and Prayer / The Our Father / paths of initiation –

#### 3<sup>rd</sup> year

Misa Latino Americana

[www.sacreddance.de](http://www.sacreddance.de)

## Ausbildungsinstitut MEDITATION DES TANZES SACRED DANCE



### *3-years Intensive Training*



2017 – 2019  
in Ireland

Directed by  
*Friedel Kloke-Eibl* and  
*Saskia Kloke*