

SNDO

 Academy of Theatre and Dance
Amsterdam University of the Arts

BA in Choreography

All dance and movement courses given in the SNDO are set up in the perspective of students becoming choreographers. Dance technique is hardly taught as the artistic equation of dance, but to provide students with skills for the organization of the body, research (through) physicality, develop focus, expand thought and movement registers and in general adopt investigative attitude towards the diversity of ways of moving (in and through) the space, (in and through) the concepts, (in and through) own and other's bodies and (in and through) time.

Different techniques are in the curriculum also to provide the students with relevant references and understanding of the developments in the section of the so-called 'contemporary dance' field which the school is in dialogue with and which the school and its graduates actively shape and transform already for more than forty years.

Yoga is a practice that enables focus, discipline and has a generally understood and agreed on positive influence on physical and mental health and sustainability of a dance artist life and work. The pool of teachers usually giving yoga courses are: Fleur van Hille, Anne Kittelmann, Keren Levi, Erika Doucette, etc.

Course: Light cultivation and inner energy sustainment with the use of Shamanic Kundalini Yoga.

Teacher(s): Anne Kittelmann

Year group: 2

Study year: 2022-2023

Period:

Weeks (block:)

Time:

Hours:

Total amount of contact hours:

Total amount of self-study hours (reading, writing, homework tasks, etc.):

Starting date:

Date of completion:

Study points: Student acquires credits/study points based on minimum of 90% participation in the course (in case of additional unavoidable absence the minimum required is 70% presence). The full course study points are awarded if student participated in the above mentioned amount and in relationship to the quality of participation and development expected for the course.

Content (concept and week to week outline):

Cultivation of light and inner energy sustainment with the use of Kundalini Yoga & Breathing Techniques. Creating awareness about rhythms and cycles of body, earth and moon to tap into sustaining resources of energy.

- Week 1: Liver- opportunity to shed old patterns of reacting. Lungs- being faithful to your nature.
- Week 2: Stomac- the base for emotional stability Spleen- time for sweetness and grounding.
- Week 3: Small Intestine- Keeping life and diet simple and pure. Bladder- keeping in flow with life.
- Week 4: Pericardium- mediator between our emotions and our passion. Gallbladder- expanding our level of patience.
- Week 5: Frontal lobe- connecting- projecting. Big Intestine- be steady, breath deep and get out some toxins.

- Week 6: Balancing left-right brain hemisphere Heart- connecting to our wisdom, good judgement and clarity of speech.
- * Week 7: Triple warmer/ burner- moving from the material to the spiritual. Kidneys- uplifting oneself and others.

Objectives and assessment criteria: (the student is able to..):

The student is able, to concentrate and combine stillness with movement and shows the ability to sense into the own body rhythm and the collective body rhythm at the same time. The individual brings presence into the collective space and is able, to uphold that presence. The participant senses into the different layers of perception and can translate that in the cohesiveness of breath, movement and body language.

Literature, websites, background: (as reference or actual course material):

Kundalini Yoga Literature and manuals: 'The Aquarian Teacher', Stress management 'Tour of the body', 'Stress & Vitality', 'Conscious Communication', 'Mind and Meditation', 'Lifecycles and Lifestyles', 'The Masters Touch', 'The Mind and it's Projections and Multiple Facets', 'Praana – Praanee – Praanayam', 'Owners's manual for the Human Body', 'Infinity and Me', 'Self Knowledge'. Literature about energetic flow, rhythms and cycles: 'Evolutionary Herbalism' by Sajah Popham, 'The Way of Tarot' by Alejandro Jodorowsky, 'An astrological Mandala' by Dane Rudhyar, 'Let the numbers guide you' by Shiv Charan Singh

Sources of inspiration:

Energy Intuitive Lee Harris <https://www.leeharrisenergy.com/>

13 Moon Calendar <http://www.lawoftime.org/home.html>

Teaching format:

X technique class

Form of students output:

X process

Assessment by whom:

X teacher

Assessment: (dialogue / progress oriented / sanction, repeat or re-doing)

Progress oriented

Which competences of the seven described below the course contributes to (for further reference on the competences, check the page 18 of the SNDO study guide):

X II CRAFTSMANSHIP – In their work the graduate applies expertise and broad range of instrumental skills in a professional way.

Conditions: Integral Evaluation and granting of study credits.

Remarks: Non