



Afro Latin dance Foundation

Afro- Latin percussion & dance foundation was created in order to work for the development and promotion of different projects through these activities:

- The development and promotion of the projects
- Creation of new art based on African culture and native peoples.
- Formation meetings.
- Joint minded artists to our principles and objectives.
- Production of events, seminars, workshops, retreats, conferences, exhibitions.
- Didactic audio -visual production practical, documentary, educational, through music, dance and arts.
- Distribution and sale of all teaching and educational audio and video material produced by the foundation.

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Teacher Madelene Rivera

Head of the foundation.

I started my career at 7 years old, participating in the National Theatre of Colombia of Fanny Mickey in the school children's musical theater, learning acting, singing and dancing.

Undertake studies of Colombian folklore in the National Ballet of Sonia Osorio. In Australia I studied two years of West Africa dance and percussion.

Through my trips abroad, I have done international dance workshops perform like, Latin dance, salsa, tango workshops as a beginner, pure dance ear fabrics in Argentina, samba and contemporary Afro-Brazilian dance in Brazil.

I am researcher person, I do practices of pre-Hispanic dance in tradition Mechica, ancient sacred dances of Mexico and the Moon dance of Mexico.

I participated in workshops on holistic Dance in UNIPAZ CORPORATION in Goia's Brazil, these workshops with a focus on the sacred songs, sacred dances from around the world with the purpose of healing ourselves and help others.

Recently I did obtain certificates in training seminars for dancers in Guinea Afro dance and African dance Doun Doun, with the master teacher Mafila Kouyate of Guinea 2014, and training for teachers and choreographers in the genre of contemporary African Dance with the master George Momboye of Ivory Coast.

I have been teaching dance as an instructor since 2006 started in Melbourne, Australia, also in other countries like, Mexico, Spain, Brazil, Bolivia and Colombia.



**Afro Latin Dance Therapy
With Madelene Rivera**

Objective

The aim of the Department of Integral Development Holistic Dance is that we can regenerate our bodies, bring beauty and balance our relationships with everything around us through dance.

Mission

Promote dance encounters aware integration, connecting with unity, equality and fraternity. Expanding physical, creative, social and spiritual expression.

View

Share peace, joy, spontaneity, healing and act book dance as a tool for self-knowledge and liberation.

Dance therapy with afro-Latin rhythms

Concept

A therapy designed to land the dancer who lives in every body, either in shape, size, expression or experience. Moving meditation is a practice that unifies the body, heart, mind and spirit is created. It is the essence of simplicity, and has the power to catalyze deep healing spontaneously, with a flow of creative expression in body language.

Madelene Rivera



Dance is an experiment to harmonize the body, mind and soul. It is one of the most rhythmic phenomena, when the body is in motion and the energy flows, the mind is in motion and flows mind, and when both flows are merged with each other. We become psychosomatic, some alchemy begins to occur. The body and mind meet, merge and become a tone, a rhythm, a harmony. When harmony is reached the third element enters the scene: THE SOUL. The soul only manifests in our lives when the mind and body work together and are deeply in love.

OSHO

ABC Lighting

Circular dance therapy

Natural healing

The experience of Afro-Latin culture in a fun and lively group setting circular inspiring spontaneous body language, connecting consciousness with the absolute present time. Contact the sense of belonging to oneself and the environment, finding space dare not mind the movement and rhythm developing unit and a natural healing.

"Present time Spirit, conscious heart"

Magdalena

Meeting spaces

The inspiration is related to our nature, helping us to connect with the vital energy, being more attentive to this. The confidence with ourselves is movement spontaneously expressing our essence.

"Let it be"

"If you can walk, you can dance"

Investigation of the energy that involves this therapy

Dance definition

- The motion of various dance sequences is both integral to telling of the story and enjoyable in its own right.
- It's a way to tell the story.



- Dance can be seen as a means of expressing fantasy and dreams.

Dance Proprieties

- Spontaneous
- Non-competitive
- Non sexual
- innovative

Dance Elements

- Vigorous
- Dramatic
- Erotic
- Sensual
- Rebellious
- Passionate
- Individualistic
- Fluid
- Unconventional
- Freedom
- Dance is also the major metaphor in the narrative. This means that dance is able to stand for abstract ideas and emotions.

Characteristics

Irregular, UN predictable, UN contained, as expressed in every circular environment of dance, group and individual experience, FOLK CULTURE.

Natural Healing

This is an experience of the Latin Culture in a fun and relaxed environment, with spontaneous body language, natural expressions connecting you with your conscience of the joy and happiness of the present. Trying to leave the mind with all the oppression and routines of every day and following your heart through the movement and rhythms developing a natural healing.

inspiration to create spaces for meetings of “**DANCE PEOPLE**” where together we will experiment the real **HEALING** through the Dance as a therapy connecting the Mind



though our respiration as a bridge with the Body, being more conciseness and aware about the present, not living in the past experiences or thinking in the future, liberating our confidence with our self's, with spontaneous movement and body language talking about our history and personalities, finding our real essence finally on the Dance floor.

Sacred Dance

Art, spirituality and sensitivity group

Dance is an expression of the deeper aspects of life, through the dancer's relationship with the land, the plant and animal kingdoms and divine connection is a natural means of communication, language and expression being installing forces intercede in connection with performing rituals and subtle passages of life levels; conducting direct work with the elementary, the nature spirits (devas), and angelic worlds.

Spirituality through dance occurs when the individual will and the collective will is unified in a common purpose, focusing our attention on a particular sustained, giving us hands forming a uniform energy circle where equality prevails the whole group, recognizing the mutual connection with the divine that is in each of us, creating a single energy based on the work of group soul

Interests

- Live in the moment, dancing in harmony naturally.
- Organic movement with the most sincere expression of ourselves.
- A way of real and profound happiness for life.
- Perception of being alive, living it in the here and now.
- Be aware of living in the moment.
- Coordination of different sequences, stimulating parts of our body in different directions.
- Stimulation of the energy points, farms, through basic exercises.
- Constant attention, awareness regarding our body as genuine connection expression of our divine essence.



Afro - Latin dance program:

- Connection with Universal and group energy through OM.
- Healing Dance circular base Afro - Latin rhythms, simple contemporary choreography (Afro - Colombians- Afro -Brazilian Afro - Cuban, Afro - Jamaican) with influences from Guinea, Mali in Africa.
- Intent of the ancestral energy Traditional Pre -Hispanic dance with the connection permission from the elements, and the guardians of Mother Nature.
- 10-14 sequences choreographed exercises consistently purposeful movement of consent in the here and now.
- Integration of emotion and movement.
- Minimum aperture verbal, nonverbal interference respecting the privacy and space of people.
- Sequence WAVES leading us through different states of consciousness.
- Open and Closed Circles.

What to bring?

- Comfortable clothes
- Enough water
- Open mind and ready to be in the present.

How to start?

- Always keep your peace and center.
- Be responsible for your own body (Hydration and serious injuries)
- No accessories, as free as possible.
- Keep your eyes open conscious and mindful of others.
- You know that every living being has a dance on the stage of life; your job is to express yours.
- You 'all never danced “BAD”
- Talk to someone at the end of the session especially when you feel (happiness, exalted, nerves, etc.) asks, tell them how you are.
- Enjoy yourself!



It usually begins with a circle to connect with each other and create a common energy field with the group.



The following dances invite you to intuitively express yourself through movement induced by music, in deep connection with a partner, the group, and yourself.

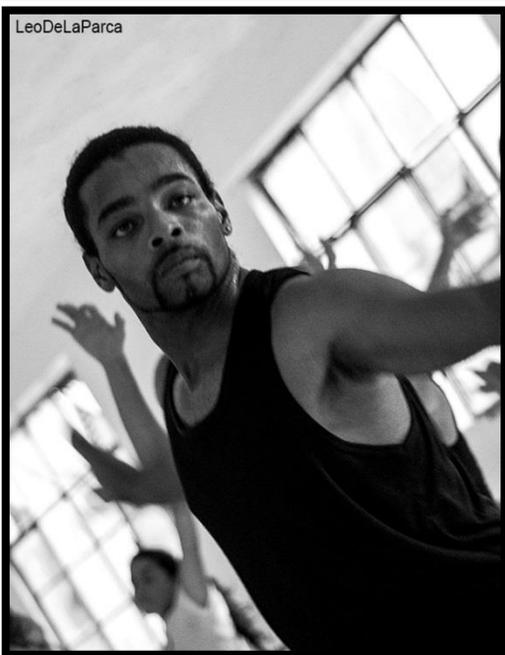


Danza AfroLatina



LeoDeLaParca

Creative, lively and rhythmic dances in gradual connection with others lead to gentle affective-motor integration.



LeoDeLaParca

The “vivencia” softly evolves into an inward-felt phase, which brings about joyful body-awareness and intuitive expression of feelings.



Dances heightening your perception of the interconnectedness of life wrap up the session in a shared, naturally felt celebration.

