



InsideDance®

by Sofie Mochte

www.insidedance.dance



InsideDance (iD) is a tool for creative deepening in the field of body expression and communication.

The dances are designed to live practical experiences united by a backbone, which are the chakras. The chakras, studied for centuries by the Eastern tradition, are energy centers that house the human body and articulate it into an integrated whole. This curriculum will therefore provide with practical resources recreating us in a vital journey through each of our energy centers.

The methodology used in iD has a holistic vision of the human being, including the relational aspect with oneself, with other beings and with nature.

Through attentive and sensitive listening to the body, we liberate, retrieve and integrate forgotten layers that remain in our unconscious, thus allowing access to a non-mental "information" that prepares us to accept and fit the vital flow, releasing old patterns in order to receive the new.

In a broad sense, iD is about adapting to change and our ability to integrate it.

We will use music that evokes, invokes and provokes movements that link us to our most organic self, reestablishing our connection with the essential.

"Music that evokes, invokes and provokes" The act of making music, music meaning an action rather than an object.

Everything is vibration; music with organic attributes.

1^o Root Chakra. Materialization of the Being

"Source of instinctive life energy that keeps us alive."

Dances of connection with the earth

Rescuing the tribal memory

Materializing our "Existential project"

2nd Chakra Sexuality. The Perpetual Act of Creation

"Creative propagation of the being."

Dances of connection with the source of pleasure.

Yin-Yang Dances

A journey towards the integration of opposites

3rd Chakra. Strength, Identity and Power

"Configuration and surrender of the self."

Identity dances

Dances of personal power

Dances of differentiation between strength and shells.

4th Chakra. The Alchemy of the Self

"The chakra of union between the higher and lower centers."

Dances to open and balance the heart energy center

Alchemical dances

Dances of integration of opposites

Paintings



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5th Chakra. Resonating with the ancestors

"Resonance with the self." Work with the Voice

Resonating with the soul. Recognizing and releasing tensions in the throat area.
Singing and oral expression as a means to connect with emotions.
Communication and projection through the voice.

6th Chakra. Creative Intuition

"Self Knowledge."

Visualization Dances.
Fluidity, Eutony (bodymind technique)
Paintings

7th Chakra. Pure Being

"Transcendence, expansion of consciousness."

Meditative dances
Sufi Dances
Trance

About the Creator

Sofia Machta Sabbagh,
Multidisciplinary Body facilitator
Mei therapist (Music and unconscious) of the "Societat de Etnopsicología aplicada i estudis cognitius" taught by Dr. Joseph Fericgla.
Trained in SoundTrance with psychiatrist and neurologist Peter Hess.

Sofia Machta Sabbagh, during thirty years as a facilitator, has also received training in Afro-Brazilian Orishas-Yoruba Dances and has specialized in Trance Techniques, among which Sufi dances with Dr. Oruç Güvenç. She considers that her "greatest Vital internalization" was obtained through the experience of living three years in the Tucuman jungle, which was a qualitative leap in her human development. Since then, she has practiced the fusion of shamanic dances and chakras, experiencing the attributes of music —rhythm, fluidity, melody and harmony— as an integrating vital experience. This deep personal experience has allowed her to develop her own methodology and transmit her knowledge of "iD" based on the results obtained throughout her career. Therefore, she wishes to share this knowledge with other Health and Education professionals who wish to integrate body techniques in the practice of their own disciplines.

As well as with people who wish to make a shift in their personal and professional approach.

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