

Khaita Dance School April 24 — May 1 2022 in Phendeling with Adriana Dal Borgo



Khaita Dance School

Educational Program for New Khaita Experts and Instructors

April 24 — May 1 2022 in Phendeling with Adriana Dal Borgo
and 4 other teachers

Dear friends,

Czech Dzogchen community Kunkyabling would like to invite to Educational Program for new Khaita experts and instructors, 3rd course, that will take place in our retreat centre [Phendeling](#) in south Bohemia.

Translation into Czech will be provided.

Schedule:

- **April 24 – 30:** 10:00–12:30 & 15:30–6:00 (2 sessions)
- **May 1:** 10:00–13:00 (1 session)

Who can participate:

The course is open to all those who want to deepen their knowledge of Khaita Joyful Dances.

If it is not possible to attend in person, the course can be followed online.



The following aspects will be dealt with:

- how the circle dances (kordro) are subdivided
- some choreographed dances, studying the texts and mudras
- how to simplify some of the dances in order to adapt them to different situations (with children, big groups etc.) and how to lead a group.
- dancing harmoniously in a group developing awareness and presence: deepening the meaning of the 3 principles of *dem*, *gyud*, *drig*
- 'child introduction' according to perspective of Montessori methodology (Klára Markuciová, Petra Zezulková)
- benefits of dancing according to Tibetan Medicine (dr. Phuntsog Wangmo)
- training public speaking with confidence, stage presence & awareness and group cohesion/dancing together (Elisha Koppensteiner)

Open sessions are also planned, where students will try leading

beginners in the dances, putting their knowledge into practice.

Course Fees:

- followed online: 345 €
- followed in Phendeling with 3 meals: 440 €
- followed in Phendeling with 3 meals and accomodation in the Phendeling building: 485 €

For those, who would like to participate, but are not able to pay to full price, there is option to [apply for scholarship](#).

If you have questions contact us:

harmonyinthespace@atiyogafoundation.org

[Educational Program long>>](#)

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Adriana Dal Borgo

For almost thirty years, Adriana Dal Borgo has been teaching contemplative dance and methods of the awareness of movement, harmonization of energy and the practice of awareness through sound and dance, with courses intended for expert dancers and beginners alike. She was born in

Venice and possesses a degree in Psychology with a specialization in Psychotherapy. [More >>](#)

Petra Zezulková is creative designer, project manager and creative strategy lead for digital and interactive designs. She is graduated teacher and designer and professional basketball player and coach. [More >>](#)



Klára Markuciová — Director and main teacher in Montessori School. Klára is originally from Prague. She graduated in open cover economics and holds a teacher's diploma in teaching at high schools from Charles University. [More >>](#)

Elisha Koppensteiner has a master degree in Biology from the University of Vienna and a thorough training in physical theatre and voice work. [More >>](#)



Menpa Phuntsog Wangmo — International Director,
Shang Shung School of Tibetan Medicine
Khewang (Tibetan for Honored Scholar) Phuntsog Wangmo
(Ping Cuowangmu) received her advanced degree from the
Lhasa University School of Traditional Medicine in 1988 ...
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***International dzogchen
community Kunyabling***

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