



KHAITA
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Khaita Joyful Dances – Dance School

Educational Program to train new Khaita Experts and Instructors

Objectives

The general objective of the program is to contribute to the development and spread of activities relating to Khaita, through the education of qualified people.

The Areas of Study Cover 3 Main Sectors

Learning: developing the expertise to learn to dance, organize and take part in dance events and shows; with a specific supervision and an examination, it is possible to achieve the qualification of instructor.

Awareness: through sound and movement, one enters a path of awareness which promotes wellbeing and evolution of the individual.

Culture: deepening the aspects of a worldwide cultural and artistic movement as result of the integration of eastern and western cultures.

Who Can Participate

Anybody who has a basic knowledge of the dances, having taken part in at least one course, and in particular:

- who wishes to deepen the knowledge of the Khaita dances, who wishes to become an instructor, who wishes to organize and/or take part in events
- who is interested in using music and dance as a tool of training awareness and presence; who works in the social sector to promote wellbeing in various areas (Khaita as a physical activity, education in schools, recreation in structures for the elderly, rehabilitation of those with physical or mental health issues)
- who is interested in folk dance as the artistic expression of a culture and the values transmitted by it.

Description of the Training

The complete training is a 3-year course. Each year there will be 3 courses, each one lasting 1 week or approx. 40 hours, situated in various European countries.

The courses include several workshops dedicated to specific topics, led by experts and professionals.

It is necessary to attend all of the meetings (courses and workshops) in order to receive the final certificate and, after a specific exam, the instructor's certificate.

The first year's courses will be open also to who does not intend to complete the whole program.

In each course, the 3 sectors of study will be developed (learning, awareness and culture) alternating experience of dancing, periods of study and reading and practical exercises of the specific topics.

Program

The educational training will take place at the European centers of the International Dzogchen Community.

The first year will be dedicated to building up the expertise of the basics of the dances.

The second and third year will be dedicated to building the expertise to teach Khaita, thinking of and drawing up projects, presenting the dances, including them in performances and events.

Detailed Program of the First Year

1st course

The following aspects will be dealt with:

- studying the origin of Khaita: meaning, history
- familiarity with the material (texts, video, training video etc.): how it is organized, how and where to find it, categories of the songs and dances, etc.
- reading the texts of some of the songs, recognizing some of the recurring words
- the circle dances: steps, movements, recognizing the similarities and differences between the dances.
- Intro to choreographed dances: connection with the meaning of the texts, how they were created, by whom and on what occasion
- application of sound and movement as tools in a path of awareness and presence.
- The dance is not separated from singing. In this week we will discover how these two aspects are connected, training ourselves and then using them in a harmonious way.

2nd course

The study of the previous arguments will be deepened and the following subjects will be looked at:

- dancing harmoniously in a group developing awareness and presence: deepening the meaning of the 3 principles of *dem, gyud, drig*
- choreographed dances: detailed study of some texts together with the corresponding movements
- how to simplify some of the dances in order to adapt them to different situations (with



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children, big groups etc.) and how to lead a group.

- studying some of the sequences and combinations of the dances for demonstrating them.

Some open sessions are planned, where students will try teaching the other dancers, putting the ideas that they have learned into practice.

3rd course

During the 3rd course, we will complete the knowledge of:

- how the circle dances (kordro) are subdivided
- some choreographed dances, studying the texts and mudras
- dance sequences for demonstration
- musical education: applying methods and resources of musical language.
- 'child introduction' according to perspective of Montessori methodology (Workshop C)

Open sessions are also planned, where students will try leading beginners in the dances, putting their knowledge into practice.

General Program of the Second and Third year

The following subjects will be looked at:

- the relationship between the collections of the Khaita songs and Tibetan culture
- acquiring transliteration system drajyor in order to correctly pronounce the texts.
- study and practical experience of the teaching methods of the dances in various situations and contexts. This includes the ability to choose the most appropriate method depending on the time, availability, the students' level of knowledge, their age, cultural background and physical condition.
- how to present Khaita in various sectors (cultural, informative and awareness approaches) and in various circumstances (schools, universities, cultural centers, festivals etc.)
- education: introduction to historical dance, methodology and experiential part. (Workshop E)
- how to organize and lead a course: setting, communication, planning and aims.
- basics of music education theory and its application to the understanding of musical pieces and to the teaching of the dances.
- techniques for efficient communication, for improving the ability to construct a convincing talk and for learning to speak effectively in public (Workshop F)
- educational aspects of dance: theoretic and applied pedagogy, ways of teaching children (Workshop C)
- therapeutic aspects of dance, demonstrated by numerous scientific research projects: prompts for reflection and possibilities for research.
- drawing up and presenting a project clearly and thoroughly (Workshop D1)
- preparing a business plan and writing of a project aimed at potential financiers (Workshop D2)
- creating or taking part in an event: organizational aspects and duties of positions

(project manager, public relations, artistic director, technical coordination and audiovisual material, logistic coordination, team sponsorship, dance group, presenter).

Schedule of 1' year 2023

1st course

You can choose between two locations:

1. **Phendeling** (Czech Republic), March 22-28, 2023
2. **Dejamling** (France), May 25-31, 2023

2nd course:

Merigar (Italy) July 16-22, 2023

3rd course

Dzamling Gar, (Tenerife – Spain) November 20-26, 2023

Appraisal and Certification

At the end of the first and second year, the students will be invited to put what they have learned into practice by organizing and leading informal dance groups for a total of 10 hours for the first year and 15 hours for the second year.

At the end of the third year, a theoretic or practical composition illustrating a topic covered during the course will be requested.

Finalizing in this way the educational path, the students will receive a certificate of expertise from the International AtiYoga Foundation and Khaita Dance School.

In order to receive the instructor's certificate, students will have to undergo supervision and take an exam overseen by the Khaita panel. Members of Khaita panel will be indicated below with a little star *.

The training instructors will be available during the three-year course via an online support set-up to answer questions, provide feedback or suggestions.

Achievements

Through direct experience, at the completion of the training, students will become aware of the benefits relating to the body, energy and mind which make the Khaita Joyful Dances a complete tool, permitting the individuals to discover their own potentiality and favoring evolution at a personal level. They will also be able to communicate and share with others these benefits.

After the first year, they will be able to lead the dances in an informal way in small groups (e.g. in International Dzogchen Community centers).

At the completion of the 3rd year, they will be able to include Khaita dances in events and performances. Those authorized will be able to teach them in various settings, in sports and recreation centers, dance schools, they will be able to use them in schools in addition to



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educational programs. In the social sector, they will get tools to implement this method to promote wellbeing and to alleviate discomfort in different situations.

Because of their versatility, characterized by an ample range of rhythms and choreographies, Khaita dances are suited to various contexts and they lend themselves to a multifaceted application.

Description of the specific workshop

The course will include some workshop of 1,2 or 3 days dedicated to specific subjects and led by experts and professionals from the sector.

Participation to the single workshop is also open to who is not attending the program.

Workshop A

Drajyor course (prof. Fabian Sanders).

Drajyor is a system of transliteration which enables correct pronunciation of the texts, even without knowledge of original language. Course attendance is for everyone but it is essential for those who want to become an instructor.

Workshop B

The voice of the choir in movement/ The pulsation and the voice of the choir
(Camilla Dell'Agnola)

During a 13-hour intensive over two days, there will be guided warm-ups to prepare us to sing and dance in the choir.

Khorós in classical Greece was dance combined with singing. We will learn:

- to be a chorus by perceiving the pulsation of a rhythm that runs through the bodies united in a dance in unison.
- how to sing by letting movement and voice be one in self-expression and letting each voice enter the other, forming a single chord that vibrates in the air.
- to find the voice and movement of the choir is a chance to be together, united and connected in a common vision that illuminates the steps.

Workshop C

Dance as education (Klára Markuciová) 1' and 2' year

We'll begin to discover some aspects of childhood pedagogy, what are the childhood development stages and how education, in particular through rhythm and movement, can support and nurture an harmonious development. We'll receive an introduction to this topic through the principles of Montessori method. Moments of practical experience will follow.

Workshop D

How to write a project – methodology and practical exercise (Daniela Garbo) 2' year

Today in all sectors, public or private companies, institutions, associations, foundations, all

activities that are authorized, that take place or that are funded do so by means of the preparation of and respect of projects. It is therefore increasingly necessary to be able to prepare and present an adequate proposition for a project.

The objective of the workshop is to provide the basic knowledge of the contents of and ways to present a project, information such as how to plan the activities in order to transform ideas into concrete, feasible projects.

The topics looked at will be varied, among which the definition of objectives, planning, tools, monitoring and evaluation of the results.

As well as the theoretical part, space will be dedicated to the practice of writing a project.

Workshop E

Introduction to the practice of historical dance: methodology and experiential part (Claudia Celi) 2' /3' year

Through a workshop on dances of the Renaissance nobility, we will discover in which way the principles and rules of dancing and of behavior are connected to the cultural context. A study methodology and a reconstruction of choreographic pieces will also be illustrated.

Methods of study and historical research could come and then be applied and developed in other contexts.

During the workshop we will receive further prompts and suggestions relating to the tutorial.

Workshop F

Depending on the circumstances Workshop F will be conducted in one of two formats:

1) Presentations of standing ovation (Valentina Lo Surdo) 2'/3' year

We will learn together the expertise regarding communication and speaking in public, useful in all of the situations in which we have to speak in front of a group (courses, presentations, events, shows): body language, *ars oratoria* and paraverbal communication, how to create an ideal speech which is ordered, clear and essential, so that it highlights those emotions that touch the heart, discovery of the ideal voice, how to regulate the audio and video to the optimum level, the tricks up the sleeve of the professional presenter.

2) Increase communication's skills while teaching (Gianfranco Brero) 2'/3' year (More info coming soon)

Workshop G

Mindfulness & Theater for you boys and girls (Lourdes Velaochaga – Karunamind)

This workshop relates Mindfulness practice to theater strategies and is focused on the development of presence and awareness in order to strengthen interpersonal relationships, self-regulate emotions, and develop empathy, creativity and expression in children and teenagers.

The workshop will begin by sharing theory and then move on to practice through sharing experiences, observing, and contributing.



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Collaboration and Human Resources

The program is organized by Khaita Department, a branch of the International Ati Yoga Foundation (<https://atiyogafoundation.org/>) in collaboration with:

International Dzogchen Community <https://dzogchen.net/>

Gars and Lings of the Dzogchen Community:

Dzamling Gar <https://www.dzamlinggar.net/en/>

Merigar West <https://www.merigar.it/>

Phendeling <https://www.dzogchen.cz/mista/phendeling/> (contact: phendeling@dzogchen.cz, yellow@dzogchen.cz)

Dejamling <https://dzogchen-fr.org/>

Project Director and supervisor Adriana Dal Borgo

Secretary: Soledad Mariani

For information and registration write to:

harmonyinthespace@atiyogafoundation.org

The director and teacher, Adriana Dal Borgo *, will be assisted by qualified Khaita instructors:

Salima Celeri *

Elena Dumcheva *

Luda Kislichenko *

Pancho Company

Elisha Koppensteiner

Monika Marcik

Petra Zezulkova

Course Fees

Each week courses:

- regular price ... € ((inclusive of corresponding workshop when scheduled to take place within those dates)

- early bird price with registration within 2 months before the starting day €

Scholarships

Where applicable, Khaita School offers the possibility of access to scholarships to support students.

For info, write to: harmonyinthespace@atiyogafoundation.org

Visit us at:

<https://khaita.org/>

<https://khaita.com/>

<https://www.youtube.com/user/HarmonyInTheSpace>

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