

## **Online Biodanza Testimonial**

**20 March 2020**

Due to Corona Quarantine, we are not able to do our Biodanza weekly classes. Thank goodness for our innovative and forward-thinking teacher Feroza.

All her students were contacted to join her remote Zoom classes – either on a Tuesday evening or a Thursday evening.

Signing up on Zoom is very straightforward and hassle-free. Feroza sent a link out and gave us all guidelines on how to prepare ourselves for the class. A blanket and pillow and soft scarf – water and we were ready to go.

Nine of us all got together from remote locations around Gauteng. We could opt-in by video on your laptop or audio on a cellphone (you can also use video on your cellphone). I opted for just audio on my cellphone as I wanted to do the class outside under the stars. It was seamless – everyone checked in to make sure they could hear and see each other.

### **And the magic of Online Biodanza teaching was launched.**

I love the connection of dancing and connecting with people in the beautiful dance of Biodanza. I call it my weekly fix. Biodanza ticks so many boxes for me – it is a very safe space to dance, not any dancing but dancing connected to your soul. No fancy footwork, dress codes, special moves. It is a sanctuary where we all can be ourselves and express movement and be completely free. No judgement. I burn more energy dancing and moving with the rhythm of Biodanza than any other activity I have tried – great to feel my muscles come alive, my heartbeat rise and my lungs gulp in the air. All this while magnificent music fills my senses and lifts my spirit. Then comes the magic of connection with incredible human beings – being apart of this world, looking into someone's eyes, a gentle hand squeeze, a smile, a warm hug.

I was not sure of what a remote class would feel like.  
What a surprise .....

Lying quietly at dusk in the open air and being whisked away from the day, work, worries and the world. We started off being quiet and reaching for our fellow dancers through space and quietening our bodies and minds – deep breaths and slowing. Feeling connected. Slowly standing and warming our bodies up then onto the walk of life and breaking into the dances directed by Feroza to magnificent music. Knowing the rhythm and understanding the movements of my body from Biodanza I did not need to see others on a screen. As evening set in the stars came out, I joined the cool night air as it touched my skin in the dances – I felt so alive. As we slowed the dance and connected to the spirit I lay on a blanket and gazed at the stars – soft music bringing my heart rate down. Feroza's voice guiding us to Vivencia and then wonderful soft tunes to meditation.

The dance was over and I felt fulfilled and satisfied – a completely different experience.

A remote solo dance  
But not alone  
Feeling connected to all my fellow dancers  
Incredibly fulfilling,  
At peace  
Relaxed  
Happy

My soul is full...

**Heidi Gussenhoven**