



# Biodanza South Africa



## Biodanza South Africa Statement

Covid-19 has changed our lives forever. It is forcing us to take measures in our lives that we previously took for granted before. It is forcing us to be more conscious of our personal hygiene, physical distance from another, social contact, etc., and not just to protect ourselves but to protect others as well.

In Biodanza, we seek to create the affective human connections between people and hugging and physical contact is part of our work. However, we also work with the Biocentric principle which seeks to preserve life and, at this stage, less physical contact is needed to preserve life. Biodanza has also been shown to improve the immunity, sense of wellbeing, moods and lifting depression. With regular dancing these biological and physiological changes do happen. With these drastic social distancing measures with the reality of COVID-19, it directly impacts on our work in Biodanza and calls for us to follow “life” and to do things differently.

Biodanza South Africa has decided to stop weekly face to face classes and has launched a new way of doing things to respond to the current reality. Last night we started with our first ever “Online Biodanza Classes” which worked amazingly well. You get to dance in the comfort of your home in a very personal way which deepens your experience, gets your body moving and keeps you connected to the Biodanza Community.

Biodanza South Africa will be continuing with, “Weekly Online Biodanza Classes” every Tuesday and Thursday evening at 6:30pm. It will also be branching out to offer “Family Classes” and “Private Biodanza Couples Sessions” as additional offerings.

With the unfolding of this pandemic it is becoming increasingly obvious that it cannot be “business as usual”. With the struggling economy and the fight for survival and the reality of physical isolation, it forces us to become conscious and to review, is money more important than life. For me it is not, so for this reason I have decided to continue with the regular classes online and to offer these weekly classes free of charge to those who cannot afford it and to ask for a donation of any amount for people who can afford classes. The normal cost is R 120 a class for an individual and R 150 for a family. You pay a donation only if you can afford to pay. You can contact me on +27 (0) 83 64 333 22 to register for a class and for banking details if needed.

I thank you for your support and look forward to our continued journey. May you be blessed with an abundance of good health and prosperity.

**Dr Feroza Mansoor**

**Owner  
Biodanza South Africa**