



KinectonsSM

LivingDance~ LivingMusic™ In Corfu

"brilliant little speck of an island with waters like the heartbeat of the world itself."

—Lawrence Durrell in *Prospero's Cell*

July 22, 2023– July 29, 2023

LivingDance~LivingMusic (LDLM) generates body confidence, provides the freedom to relate to others without worrying about what they think, and shows beyond doubt the value of moving expressively. **There are no wrong moves.**

You do not need dance training, talent, or athletic prowess to achieve these goals. Rather, you need time and the willingness to experiment with natural elements of dance to which we all have access, (e.g., breath, pulse, muscle connectivity). If you wish, you may participate in a series of virtual introductions to LDLM during the spring.



"Thank you for one of the most amazing workshops I've ever been to — helping me feel and connect to myself."

You will learn the fundamentals of LDLM and work with it in-depth at the Ouranos Club, an established wellness center.

You may also arrange to spend more than the week at the club. Just let us know. The *Ouranos Club* offers single classes in tai chi, meditation, and painting. Based on interest, the proprietors will organize bus trips, boat trips, horse back riding, and guided hikes. Some involve additional costs.

What is *LivingDance*™?

LivingDance may begin by sensing and dancing to the pulse of music. You learn how to "put your mind in your feet."



Dance and movement evolve naturally. You work with breath combining the interactions among breath, motion, touch, and active imagination, beginning with Dr. Donald Epstein's Somato Respiratory Integration™ (SRI) as sources of expression. *LivingMusic* reinforces the process. Yoga practitioners often wonder at the improvement they see as they learn to integrate this new approach to their breathing practices. In addition to working with pulse and breath, we work with two additional elements of dance which we all have access to — *muscle connectivity* and *shape*, the kinesthetic sense and somatosensory sense of the body boundary.



As the workshop progresses, you discover a spectrum of ways to connect to yourself and reclaim your power. A foundation for self-assurance, autonomy, and the freedom to be intimate or assertive, emerges, as you engage improvisational dance and attend to the LDLM concept of shape.



When you work individually, *LivingDance* awakens sensations and emotions, strengthens the ability to be fully present, and—far more often than not—enhances the capacity to project self-confidence.



With time, you may move beyond your comfort zone. You may experience variations in your breath and discover new ways to embody your feelings. By attending more closely to muscle connectivity and shape, you will learn how to move with confidence, purpose, and trust in yourself and others.



When you work as part of a group, *LivingDance* helps you to discard the internal judge that criticizes and censors. Instead, you build and cultivate a sense of personal and interpersonal comfort—one that fosters "the freedom to "be" and the freedom to connect.

What is *LivingMusic*™?



LivingMusic, a body-centered approach to music-making, is based on the fundamental elements of LivingDance, and a Four-Step Formula of "Listen – breathe – trust – GO!" Participants learn to connect to their innate musicality and to express it through voice and instruments as extensions of their beings. Intellectual activity is minimized, while activity in the moment and at the meditative and reflex levels is encouraged.



Participants learn how to use the *LivingMusic* "Loop" to support dancers by working with "quality notes," and improvisational music that is powered by the dancers. It creates an environment that speaks to the ancient connection between dance and music.



While improvising, your music can transcend genre, and flow from all that makes you an individual. But sometimes that doesn't happen. You feel stuck. *LivingMusic* will help you bypass judgment and release your authentic response in the moment.

As the work unfolds within and around the musicians — dance, feeling, and energy travel through the music-makers — powering the playing, enlivening the music, and keeping it in touch with the dancers

As one dancer wrote: "The live music was wonderful. It seemed to give permission to express myself."



Bring your own instrument to experience *LivingMusic* at an especially personal level.

Who facilitates *LivingDance*?



Danielle L. Fraenkel, Ph.D., BC-DMT, NCC, LCAT, LMHC, CGP, director of *Kinections*, creator of *LivingDance*, and published author, facilitates *LDLM* workshops nationally and internationally. She collaborated with Sancheti Hospital's Healthcare Academy to develop India's first certificate and master's programs in dance/movement therapy (DMT). In the States, she teaches DMT courses at *Kinections* and the University of Rochester.

Who facilitates *LivingMusic*?



Jeffrey Mehr, M.A., has played music since he was four and has practiced *LivingDance* for eighteen years. His *LivingMusic* is real-time witnessing powered by the dancers. It evolves on keyboards, harmonicas, and synthesizers during *LivingDance*. He facilitates the *LivingMusic* process as it develops among the group members, and shows them how to do it, always remembering that there are no wrong notes.

What besides the *LivingDance~LivingMusic* workshop happens?

- Swimming in the exquisite waters of the Ionian Sea, or in any of the hotel pools — available to all at no extra cost.'
- Art making in the *Creatif Dorf*, the creative "village" or workshop, offers work with colors fabric, stone and marble.
- Learning and receiving Somato Respiratory Integration™ (SRI).
- Yoga, Tai Chi, singing, meditative practices
- Drumming, chanting, dancing in town, a local festival if we are lucky. Depends on the timing
- Eclectic Massage
- Trips to *Corfu Town*, *Corfu Donkey Rescue*, *Palaiokastritsa*, and any other sites you want to visit (not included in cost).



What language will we speak? How does this program relate to me professionally?

Jeffrey and Danielle are from New York. You must know enough English to understand them and to be sure that others understand you.

Attendance at this Corfu event provides the first course required for becoming *LDLM* practitioners either as teachers of *LDLM* or as therapists who use *LDLM* in their practices.

What is a day like?

7:30 a.m.–8:30 a.m.



Breakfast (a tasty vegetarian buffet of fresh fruit, hearty fresh-baked bread, cheese, fresh vegetables, juice, muesli, yogurt, coffee, fresh mountain tea, and more) with the mountains behind you, looking out at the sea.

8:30 a.m.–9:30 a.m. Yoga, meditation, swimming, hiking (optional)

9:30 a.m.–1:00 p.m.

LivingDance~LivingMusic



LivingDance~LivingMusic with all ages

1:15 p.m.–2:15 p.m.

“School” for people seeking credit for certification or continuing education.

You won't starve. Healthy snacks and beverages are available.

1:00 p.m.–7:30 p.m.



Playtime (beach, water sports, mountains, history, culture, shopping)—lots to have fun with and discover.



Those taking the workshops for credit won't starve. Healthy snacks and beverages are available.



"My childhood in Corfu shaped my life. If I had the craft of Merlin, I would give every child the gift of my childhood."

Gerald Durrell, *My Family and other Animals*

7:30 p.m.–9:00 p.m.



Dinner (a vegetarian buffet that includes an amazing surprise of culinary delights)—you can discuss your dietary preferences with the cooks. Produce for the vegetarian cuisine for breakfast and dinner is fresh and comes from local farms and gardens.

9:00 p.m.–10:30 p.m.



LivingDance~LivingMusic. Greek Dancing, Special Offerings, Music Making, Partying



10:30 p.m.– That is up to you. Dancing with locals, walking on the beach— up to you

On days we choose to tour, we will have lunch instead of dinner.



Certification in Dance/Movement Therapy & Continuing Education

If you are pursuing the R–DMT via the alternate route, you will earn 3 credits once you complete the written work. CEs available for the ADTA, NBCC, or for New York LCATs. (45 hours)



Costs & Registration

Your investment in personal growth and expression includes an apartment with a view, two meals daily, the LDLM program, and ground travel between the Ouranos Club and the airport on Saturdays. It does not include cost of flights.

Contact us for rates. Friends and family members who do not wish to take the course may join us at a reduced rate. Cost depends on the kind of lodging you request. The few apartments without views are cheaper. Write to us for prices.



If you feel the need for lunch, tasty Greek food and most other varieties are available at local restaurants and groceries, all within walking distance. Participants from previous years enjoyed having lunch and snacks at *Gravia*, the café located in the café below the *Thalassa* dance studio where we will be dancing.

Corfu is known for its magical lighting. You can enjoy watching magnificent sunsets as you eat dessert. We are also just a five-minute walk from *Arkrotiri Lounge* where you can enjoy a European style café with a commanding view of the ocean on both the north and south sides of the ridge.

Thalassa — Our beautiful new studio with an exquisite view of the Ionian Sea





- First academic and clinical dance/movement therapy certificate in India, developed in collaboration with Sancheti Hospital's Health Care Academy, Pune.
- Assessment & treatment integrating counseling and dance/movement therapy.
- Individual and group music lessons employing the LivingMusic Approach.



About Kinections

KinectionsSM opened in 1984 to bring dance/movement therapy to people struggling with eating disorders, depression, creative blocks, relationships, and other unhelpful or painful responses to stress and the challenges that come with being alive.



Since then, our services have grown to include:

- *LivingDance~LivingMusic*TM (LDLM) offered nationally and internationally
- Two-track LDLM certification program for LDLM teachers and LDLM clinicians
- Courses in dance/movement therapy for students and practicing clinicians who want to become certified dance/movement therapists. Kinections is the only free standing institute in the United States that offers all the DMT courses required for becoming a certified dance/movement therapist. All courses have been approved by DMT certification board.



Kinections has been approved by NBCC as an Approved Continuing Education Provider, ACEP#5767. Programs that do not qualify for NBCC credit are clearly identified. *Kinections* is solely responsible for all aspects of the programs.

NBCC defines dance/movement therapy as a specialized form of counseling. NCCs may take the alternate route courses both for certification in dance/movement therapy and to meet NBCC's continuing education requirements.

Kinections Creative Arts Therapies is recognized by the New York State Education's Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists #CAT-0033.

Flight Information

Charters fly to Athens from many cities in the USA and Canada. Olympic Airlines and Aegean fly between Athens and Corfu. You can fly directly to Corfu from British and German airports including London and Frankfurt, and from many other European cities

Contact Information



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