



Programme

Formation continue

level 1

Per se Note®

certified dance therapy training

Training Per se Nota - Association Para La Salsa - SIRET:
45289898400011 - Declaration of activity registered under number:
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Who are we?

“Explore your inner world through movement and breathing”

Para la Salsa© is a dance school, founded by Pascale Saly-Giocanti in 2001. Today, Para la Salsa offers dance therapy sessions for adults & dance classes focused on well-being for children and seniors, beginners and experts, in the heart of Paris in the 5th arrondissement.

Pascale Saly-Giocanti, director of the Per se Nota school and wellness area, has a state diploma in Modern Jazz. She is also trained in psychology at Maieutesia. She has been a psycho-corporal therapist for several years. In 2016, she built the dance therapy training Per se Nota©. It thus creates a new trend where dance is at the heart of the dance therapy training process. It also includes relaxation.

Pascale is accompanied by a team of certified dance therapists in the approved Per se Nota© training center and in the Para la Salsa dance school.

Today it offers training combining dance, relaxation, psychology, yoga and personal development. She shares her dance therapy skills around four main areas:

dance, creativity, pedagogy and therapy.

Pascale and her team are committed to supporting you throughout your dance therapy and well-being training.

Be the creator of
your life!





Pascale Saly-Giocanti

Founder and trainer at Per se
Nota - educational advisor

A state graduate in Modern Jazz, Pascale runs dance classes for children, adults and seniors. She created the Métis'danse© concept, a multicultural dance around 7 countries.

A dance and relaxation trainer, she shares her know-how and values within the Per se Nota training to provide you with turnkey educational tools with the aim of realizing your professional and personal project.

Coach in psycho-corporal therapies, she supports you in your personal development and transmits her know-how to help others feel better



Joëlle Hottlet

Educational and
administrative collaborator

Educational collaborator of Per se Nota, Joëlle accompanies you with Pascale throughout this training on the educational and administrative questions of the training.

A dance teacher, she followed the Per se Nota © training with Pascale Saly-Giocanti and she teaches classes within Para la Salsa. Concerned about the well-being and health of people, and after 20 years as a pharmacist, she trained in yoga and dance before joining the Per se Nota© team. Today she passionately transmits her love for the human body, movement and dance to different audiences.



Anton Amadiou

Disability referent and
training consultant for Per Se
Nota

Passionate about dance, dance school director, specialist in training organizations and SIPCA certified trainer.

Consultant-trainer at HALLIANTIS RH, Anton is in charge of training development at Per Se Nota and is our Disability Referent. It intervenes in the areas of quality, financing, improvement of processes dedicated to training to make training ever more effective, recognized and accessible.



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Anne Rasquin

Psychology module trainer

His therapeutic approach is diverse and modern, based on traditional analytical currents and more recent approaches, such as the existential therapy of Irvin Yalom, schema therapy, psychotraumatology and Gestalt therapy. She works as much in the present as in exploring the patient's history, with integrative tools adapted to each request. Its posture is active and engaging, aiming for patient empowerment and maximum therapeutic effectiveness.

OUR approach

Themes

Dance

Kinesiology - I connect to my body J1&2 Build your posture
The other my mirror J2
Technical bases of dance

therapy

Frame, dance and assertiveness
I love myself I breathe... I love myself I dance J1&2 Non-verbal communication Dance & psychology

Métis'dance®

World dances J1&2
Musicality Latin dances J1&2

Creativity

The collective & dance therapy
Posture of the teacher The other my mirror J1 Develop your creativity Personal development & dance J1

modules

Pedagogy

Getting started in the profession
Levels and progression Children's audience Young people's audience Seniors' audience

Sacred

Personal development & dance J2 My toolbox is me J1&2 Philosophy of yoga & Dance yoga J1&2

Relaxation

Basis of anatomy J1&2
Dance meditation
Being yourself - Relaxation J1&2



For if known©

the educational objectives of the training

Targeted professional skills:

- Master the technical knowledge of dance and relaxation
- Acquire tools in art therapy and in particular in dance therapy.
- Adopt the posture of the teacher.
- Develop your creativity in your teaching.
- Adapt your teaching to different audiences such as children, adults and seniors.
- Lead group and individual relaxation sessions.
- Getting started with the therapist's posture (level 1)
- Master the teaching skills to deliver a session

Targeted audience :

- Anyone wishing to become a dance and relaxation teacher for different audiences (children, adults, seniors).
- Any professional who wishes to integrate dance & relaxation tools into their professional practice.
- Anyone wishing to intervene with dance and relaxation with different audiences.
- Any dance professional who aspires to move towards the well-being and care professions

Prerequisites:

- a pre-training questionnaire
- an interview with a teacher from the center
- a dance therapy session in person or online
- a medical certificate of no contraindication to the practice of sporting activities

Evaluation method at the end of training

Each learner wishing to obtain certification is expected to attend one of the two annual assessment sessions (January and June) and present:

- A dance therapy class lasting 20 minutes, followed by approximately 10 minutes of discussions with the jury. (13 points)
- A research paper of 10 to 20 pages, the subject of which will have been previously validated by the teaching team. The presentation time is followed by discussion time with the jury, approximately 20 minutes in total. (3 points)

That's a total of 16 points, to which are added the 4 points for continuous assessment.

Evaluation method during training

Throughout the training, each learner is regularly evaluated in different forms:

- informal assessment: small exercises, alone or in a group
- formal assessment: during the "my toolbox" module
- respect for the framework: attendance, respect for schedules, posture
- Progress: taking into account and integrating feedback
- Personal work and involvement

This continuous assessment counts for 4 points of the final

Validation

To obtain certification, a minimum score of 10/20 is necessary. In the event of non-validation (score less than 10), it is possible to retake the final exam at no additional cost in a future session to be validated with the teaching team. The documents detailing the different evaluations will be given to you at the start of the training.

accessibility delay

It is possible to register for the training within 48 hours before the start of the training, subject to availability.

course of training

training duration :

The complete training consists of 400 hours, including:

⇒ 238 hours of educational modules, face-to-face ⇒ 80 hours of online and/or face-to-face practice (taking, observing and giving lessons) ⇒ 80 hours of online work on Digiforma (reading, writing, quizzes, videos, podcasts ...) ⇒ 2 hours of monitoring and evaluation

Next session: FEBRUARY 2024

Organization - February 2024 session

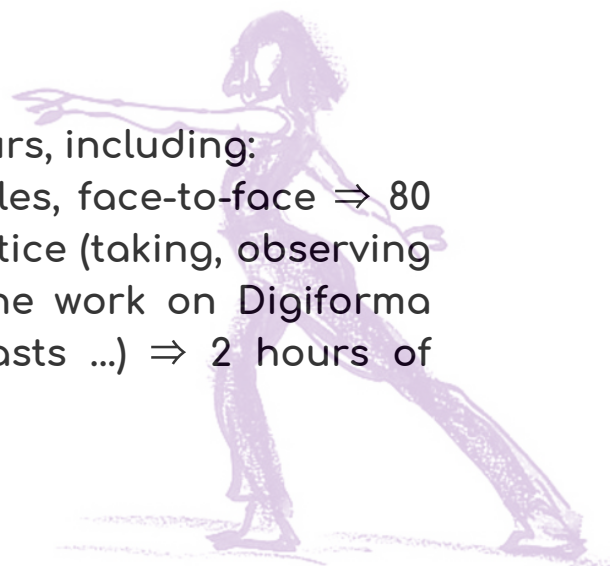
The 238 hours of educational modules, in person, are distributed:

- Over 10 months, from February to November 2024
- In 7 skill themes
- Each theme is made up of 5 consecutive training days (= 34 hours) according to the schedule provided

The 80 hours of practice can be done online and around your home or at the Para la Salsa school depending on your geographic and professional location.

The 80 hours of personal work online are to be carried out at home, between the different areas of educational modules.

Certification is possible in 12, 18 or 24 months.



Details of the online part on digiforma

as part of complete continuing education, you have access to our entire library, i.e.:

- General culture for all
- General knowledge specific to certain themes
- All themes and modules with media, videos, quizzes, podcasts, etc. for each.
- Personal practice videos
- Lesson observation videos with questionnaire and analysis for some
- Reports of courses taught to different audiences

Next session: FEBRUARY 2024



educational means

238 hours of face-to-face modules with: talking circles, practical applications, dance therapy session, theoretical transmissions and appropriative pedagogy.

The hours of practice and personal work online allow you to integrate, deepen and develop the new skills acquired during the modules thanks to the materials, quizzes, videos and podcasts made available.

Educational themes and modules

Teaching is carried out in the form of educational modules divided into 7 themes of 5 days each: Creativity, Dance, Therapy, Relaxation, Métis'danse ©, Sacred and Pedagogy



The themes

Dance

therapy

Métis'dance®

Creativity

Pedagogy

Sacred

Relaxation



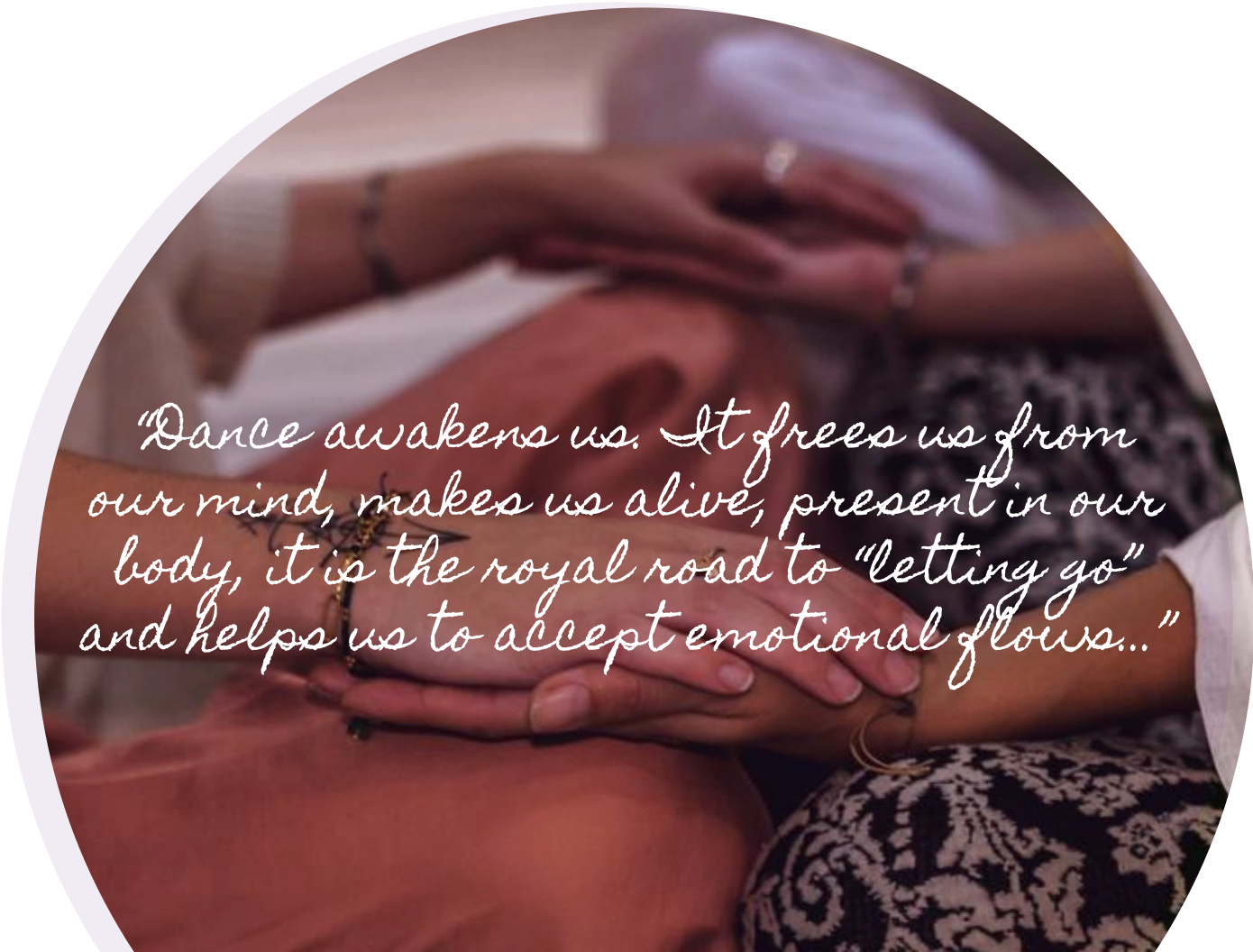
Modules

teaching methods

The complete Per se Nota dance therapy training is made up of 7 themes, each containing 5 days of training in the form of educational modules.

Each module has specific content detailed in the following pages.

To have access to the exam and certification and to be able to lead dance therapy sessions, it is necessary to complete all the modules.



"Dance awakens us. It frees us from our mind, makes us alive, present in our body, it is the royal road to "letting go" and helps us to accept emotional flows..."

Creativity

The objective is to develop one's creativity through practices of bodily and emotional expression. You will deploy your creative potential and introduce yourself to the therapeutic relationship.

module 20

The collective and dance therapy

Goals :

- Listen to yourself and others
- Be able to accommodate a group of 2 to 15 people
- Know how to take initiative
- Develop autonomy in everyone, their creativity, their sense of rigor
- Define the framework and rules
- Create movement from your emotions

Teaching methods and tools:

- Dance
- Personal development
- Role play game
- Relaxation
- group dance
- circle dance

module 12

The teacher's posture

Goals :

- Learn about different teaching practices
- Adapt your teaching to different audiences
- Listen to the needs of students.

Teaching methods and tools:

- Role games
- Guided improvisation
- Work on the mind and psychology of different student profiles
- Feel legitimate

*module 5-1***The other my mirror**

Goals :

- become aware of the movements of others as a vector of self-knowledge
- explore your emotions in mirroring with others
- improve your social skills

Teaching methods and tools:

- guided meditation
- dance therapy
- role games
- art therapy
- dances for two

*module 21***Develop your creativity as a teacher and therapist**

Goals :

- Be able to develop your creativity
- Adapt to various situations as well as student requests
- Knowing how to draw inspiration from elements of the outside world to create

Teaching methods and tools:

- Guided improvisation
- Imagination exercises
- art therapy
- Scenario
- Choreography

*module 8-1***Personal development and Dance**

Goals :

- understand the link between dance and therapy
- discuss personal development techniques
- transform them into dance exercises
- learn about art therapy

Teaching methods and tools:

- the history of dance therapy
- the history of art therapy
- modern dance
- guided improvisation

Dance

This theme allows you to become familiar with the different potentials of dance: warm-up techniques and practices alone, in pairs or with others for exploration. You will also deepen your proprioception through free movement in the body, space, time and kinesiology.

module 1-1

Proprioception: I connect to my body

Goals :

- develop coordination and motor skills
- identify physical blockages
- reduce stress and bodily tension
- develop body fluidity

Teaching methods and tools:

- physiology of movement (gestural and postural)
- guided meditation
- guided dance improvisation
- technical dance class
- yoga dance
- stretching for two

module 1-2

Proprioception: I connect to my body

Goals :

- develop your proprioception
- know how to read and correct posture
- become aware of blockages in the body
- learn to release physical tensions through movement and breathing
- understand the placement (gravity axis, weight transfer)
- posture reading

Teaching methods and tools:

- physiology of movement (gestural and postural)
- guided meditation
- guided dance improvisation
- technical dance class
- yoga dance
- stretching for two

module 11

Building his posture

Goals :

- Know how to feel your body
- Learn to analyze yourself
- Learn to self-correct
- Correct a student
- Establish the link between physical and psychological posture

Teaching methods and tools:

- Break down the different approaches to kinesiology
- Integrate tools from the Feldenkrais & Alexander method
- Integrate postural construction techniques with the chair

module 5-2

The other my mirror

Goals :

- develop your own space
- develop one's authenticity in relation to the other(s)
- integrate skills of the connection between body and mind

Teaching methods and tools:

- guided meditation
- dance therapy
- role games
- art therapy
- dances for two

module 10

The technical basics of modern dance

Goals :

- Understand the basics of modern dance
- Acquire the necessary technique
- Find the link between technical movement and free dance
- develop concentration
- Building his muscles
- Building your students' bodies

Teaching methods and tools:

- The history of modern dance
- Integrate technique into free dance
- The bridges between technique and dance therapy
- Métis'dance©

Therapy

It is understood as a fundamental approach in the body-mind link. You will introduce yourself to different therapeutic approaches and protocols to put them into "body". The therapeutic framework will also be at the heart of the learning

module 19

Setting, Dance and Assertiveness

Goals :

- Learn to set a framework and set the framework for training
- Managing group cohesion
- Knowing how to establish a distance between what we are in our personal life and what we show in our professional life

Teaching methods and tools:

- Mindfulness
- Discover the different approaches to personal development: the framework, sophrology

module 3-1

Management of emotions: I love myself, I breathe... I love myself, I dance...

Goals :

- explore different types of breathing to develop self-awareness
- release emotions through movement
- explore your vulnerability alone and with others
- encounter several spaces within oneself

Teaching methods and tools:

- breathing exercises
- guided meditation
- dynamic meditation approach
- approach to osho meditation through dance
- art therapy

module 3-2

Management of emotions: I love myself, I breathe... I love myself, I dance...

Goals :

- develop confidence in yourself and others
- develop kindness and self-love
- learn about dance therapy practices while going through a whole range of emotions
- improve your emotional vocabulary

Teaching methods and tools:

- breathing exercises
- guided meditation
- dynamic meditation approach
- approach to osho meditation through dance
- art therapy

module 18

Non-verbal communication

Goals :

- Succeed in letting go
- Develop the healing process through creativity
- Knowing how to communicate through movement
- Acquire positive thinking and be able to transmit it

Teaching methods and tools:

- Guided meditation
- Dance therapy
- Art therapy: automatic writing, drawings and plastic arts

module 13

Dance & Psychology

Goals :

- Become familiar with the different currents of psychology
- Establish a link between psyche and dance tools
- Become familiar with the concepts of Jung and maieustesia

Teaching methods and tools:

- Putting the different archetypes into motion
- Create the link between contrasts in dance and polarities
- Declining dance practices around the collective unconscious

Relaxation

In dance therapy, it is necessary to alternate times of movement and times of awareness. This theme invites you to introduce yourself to different modified consciousness techniques through meditation and relaxation. You will thus develop and decline different guidance approaches.

module 2-1

The basics of anatomy and movement analysis

Goals :

- Visualize and understand the structure of the body, its skeleton
- Exploration of the muscular system and joints
- Body diagram and proprioception

Teaching methods and tools:

- kinesiology
- physiology
- dance yoga
- la relaxation
- dance movement analysis
- teaching situation

module 2-2

The basics of anatomy and movement analysis

Goals :

- learn about physiology: cell, tissue, organ
- Exploration of the respiratory and cardiovascular system
- Analysis of dance movement
- Proprioception and the 5 senses

Teaching methods and tools:

- kinesiology
- physiology
- dance yoga
- dance therapy
- dance movement analysis
- teaching situation

module 23

Dance meditation by Per se Nota ©

Goals :

- Discover the concept of dance meditation by Per se Nota ©
- Take ownership of the concept
- Getting started with giving a dance meditation session

Teaching methods and tools:

- Develop your imagination
- Guided improvisation
- Meditation
- Visualisation
- Dance intuitive

module 9-1

Being yourself - The fundamentals of relaxation

Goals :

- write a guided relaxation session
- lead a guided relaxation session
- break down the ways to construct your session

Teaching methods and tools:

- guided meditation
- the various techniques and culture
- mindfulness
- mantra
- sophrology
- personal development

module 9-2

Being yourself - The fundamentals of relaxation

Goals :

- create a link between the talking circle and meditation
- learn about techniques to put people in a state of modified consciousness

Teaching methods and tools:

- guided meditation
- the various techniques and culture
- mindfulness
- mantra
- sophrology
- personal development

Métis'danse©

These modules approach dance and dance therapy in the form of an external journey as a metaphor for an internal journey. You will immerse yourself in the flavors of Métis'danse© and live a very rich cultural and physical experience.

module 7-1-1

Métis'danse © - world dances

Goals :

- acquire the basics of 7 dance styles: African, Oriental, Brazilian, Latin, urban, Indian and flamenco dances
- develop the link between all the dances
- Integrate the concept of Métis'danse©: connection, crossbreeding, journey

Teaching methods and tools:

- the 7 dance styles and their specificities
- Métis'danse© class playlists
- the different ways of approaching the course
- the history of dances
- dance culture

module 7-1-2

Métis'danse © - world dances

Goals :

- discover different instructions for leading guided improvisations
- adapt your teaching to different audiences
- Transmit the essence of the Métis'danse© concept: a vector of social and multigenerational cohesion

Teaching methods and tools:

- the 7 dance styles and their specificities
- metis'dance class playlists
- the different ways of approaching the course
- the history of dances
- dance culture

module 22

Musicality

Goals :

- To know how to listen
- Knowing how to use music as a means of letting go, of self-expression
- Being able to use music to enrich one's bodily expression

Teaching methods and tools:

- Link rhythm and movement
- Guided improvisation
- Listening to music
- Mixed race dance
- Dance therapy

module 7-2-1

Métis'danse© - Latin dances

Goals :

- acquire the basics of Latin and Brazilian dances
- develop the link between these different dances

Teaching methods and tools:

- the specificities of each dance
- Métis'danse © playlists
- the different ways of approaching the course
- the history of dances

module 7-2-2

Métis'danse© - Latin dances

Goals :

- acquire the basics of Latin and Brazilian dances
- develop the link between these different dances
- understand the link between the one who guides and the one who lets himself be guided with the position of the leader and letting go

Teaching methods and tools:

- the specificities of each dance
- Métis'danse © playlists
- the different ways of approaching the course
- the history of dances
- dance culture
- metis'danse©, a vector of social and multigenerational cohesion

Sacred

Personal development and the sacred open a path to self-knowledge through the exploration of archetypes and symbols. Two modules are devoted to the implementation of the dance therapist's posture with evaluations and feedback.

module 8-2

Personal development and Dance

Goals :

- understand the link between dance and therapy
- discuss personal development techniques
- transform them into dance exercises
- learn about art therapy

Teaching methods and tools:

- the history of dance therapy
- the history of art therapy
- modern dance
- guided improvisation

module 6-1

My toolbox is me

Goals :

- acquire the posture of a teacher
- develop your creativity in teaching
- position yourself as a dance therapist in front of an audience
- adapt your teaching to different audiences

Teaching methods and tools:

- educational exercises in the form of an exam to prepare for certification
- dance therapy
- role games
- yoga dance

module 4-1

Philosophy of yoga and dance yoga

Goals :

- integrate yoga postures into dance and relaxation sessions
- learn about the philosophy of yoga

Teaching methods and tools:

- hatha yoga
- vinyasa yoga
- meditation
- the known postures of mudras
- the basics of anatomy linked to yoga

module 4-2

Philosophy of yoga and dance yoga

Goals :

- create a link between dance and yoga
- discover the therapeutic aspects of yoga

Teaching methods and tools:

- asanas (yoga postures)
- vinyasa yoga
- meditation
- dance

module 6-2

My toolbox is me

Goals :

- acquire the posture of a teacher
- develop your creativity in teaching
- position yourself as a dance therapist in front of an audience
- adapt your teaching to different audiences

Teaching methods and tools:

- educational exercises in the form of an exam to prepare for certification
- dance therapy
- observe and judge an exercise
- practice giving feedback

Pedagogy

This theme focuses on the role of the dance therapist who combines teaching and therapy skills in group sessions. You will discover the approach to dance therapy for different audiences as well as the notion of progression.

module 24

Getting started in the profession

Goals :

- Learn to sell yourself
- Think about your status
- Knowing how to make the product to sell attractive
- Understand the challenges of launching a business

Teaching methods and tools:

- Communication
- Sales techniques
- marketing
- personalized support

module 17

Levels and progression in dance

Goals :

- Be attentive
- Know how to recognize progress
- How to get the student to go beyond their limits, make them move towards a goal, make them creative and get them out of the posture of being the one who suffers

Teaching methods and tools:

- Guided meditation
- Dance therapy
- Métis'dance

module 14

Specificity of the child audience (4-6 years old)

Goals :

- Adapt teaching to a child audience based on age
- Combine dance and relaxation
- Develop your ability to offer new instructions adapted to children's present moment

Teaching methods and tools:

- Body expression
- Role games
- Body expression: a way to channel energy
- Relaxation for children
- Métis'dance

module 16

Specificity of the senior public in movement and relaxation

Goals :

- Adapting teaching to a senior audience
- Immerse yourself in the physical and educational imperatives for this audience
- Combine dance and relaxation
- Learn to get out of their fears
- Know how to use breathing to soothe

Teaching methods and tools:

- Chair gym, chair yoga, chair dance
- Guided meditation
- Role games
- The chair as a reference tool for this audience

module 15

Specificity of the young public

Goals :

- Adapt teaching to the public
- Take inspiration from their musical choices and from them to help them move forward
- Give them technical elements to develop rigor and concentration
- Develop their confidence and ability to express themselves as a unique individual

Teaching methods and tools:

- Body expression
- role games
- The basic techniques of the different dances of the Métis'danse
- Age-appropriate relaxation for young people

become professional

Practice the profession of dance therapy facilitator or dance and relaxation teacher (level 1)

- Within an association existing sports (307,000 sports associations in France)
- In a dance school or sports club
- In public or private schools, intervene in extracurricular time
- In retirement homes, provide relaxation and dance therapy classes (more than 10,000 retirement homes in France)
- In companies, act as a relaxologist or dance teacher
- On your own, lead group sessions or private dance and relaxation lessons



Flexible working hours

- during the day for a senior audience and certain adults
- Wednesday, Saturday and from 4:30 p.m. for children
- from 7 p.m. until 10:30 p.m. for an adult audience as well as on weekends in the form of workshops

Lessons

Here are examples of group lessons that you can provide:

- well-being therapy dance classes (children, adults and seniors) / Creative Dance / Intuitive Dance / Dance meditation
- Métis'danse© classes (children, adults and seniors) in partnership with Pascale Saly Giocanti (Métis'danse© license)
- Danced yoga by Per Se Nota or creative yoga (danced yoga for children) ©

When you request registration, you will be:

- Invited to complete a prerequisite questionnaire.
- Conduct a telephone interview with the trainer(s) around this questionnaire (overview of your professional & personal career and your professional project).
- Supported in the financing process.
- Invited to participate in an open day and/or to come and participate in a dance therapy class with Pascale

To finalize your registration, a registration form must be completed and returned signed by email or post accompanied by a deposit check to reserve your place.

Registrations are open 12 months before the start of training.

The training can accommodate up to 15 people per session to ensure optimal teaching.



Training price

Membership
Fees:
+ 30€

Level 1

6 000 €

Possibility of payment in 10 installments without fees



Opinions on the
training

For if known©

What energy!

Thank you Para la Salsa. Finally a moment where I can free myself physically and emotionally!

As with the Césars, there are obviously some small prizes to be awarded. I nominated Pascale in the best listening and positivity category. When I leave the room, I feel alive and I dare to smile! I nominated Nancy for her dynamism and her teaching skills! Thank you Nancy for sharing your passion with such enthusiasm!

Dancing fills me with happiness, I come out every Tuesday with stars in my eyes.

Raphaëlle Vennat, Physiotherapist (November 2018 session) - Bordeaux

After 8 months of training to become a dance therapy teacher I came out stronger and more in tune with myself. I had this experience with a group of amazing women, in total connection. This experience is more than just training, it is a school of life, a school of being. A very rich training, based above all on people, where Pascale shares with us and gives us so much! Many tools and learning to create and share through what drives us: dance.
THANKS.

Emilie Martineau, gentle gym teacher (November 2021 session) - Vendée

The toolbox is indeed within us. You simply “enough” to have the key to open it and bring out treasures. Treasures of resources, paths, discoveries. But holding the key is not that simple. Fortunately, Guides are there to show us the way, to allow us to access this happiness, this feeling of being able to move mountains, that nothing can bring us down. On the contrary, each event, each joy, each problem, grows us and strengthens us in our connection to ourselves and to others, and even frees us from the constraints that we impose on ourselves. This workshop, I admit, got off to a difficult start because of my fears and my mental barriers. But, thanks to the trust I have in Pascale, to her kindness and her ability to guide, to “bring me back” from the distance of darkness into which I sometimes escape, thanks to the desire to spend time with this group of gorgeous goddesses, it all kept me coming back.

And great good came to me that morning. Because I took drugs.

Literally. Addicted to dance, addicted to freedom, to laughter, to inner well-being, to the love that always reigns in the company of other benevolent laughing dancing souls. My toolbox is me. I want to laugh, I laugh, I want to cry, I cry, I want to dance, I dance! I just want to go back and do drugs again. Want and above all need to feel this state of euphoria, serenity, exaltation and to dance. Oh yes! Dancing every hour, minute and second of my new life. Dance this awakening, dance so as not to lose the key to the little box, dance to transmit this well-being to everyone as I received it, dance to give all the warmth of my awakening soul.

These workshops are magical, because you have to taste it to believe it. The word “thank you” is insufficient but I don’t have any others.

Thank you Pascale!

Laetitia Trigory, Pharmacist
(November 2019 session) - Paris

The Per Se Nota dance therapy training was for me a powerful and enriching experience both on a professional and personal level. The in-depth discovery of numerous tools (mixed dance, kinesiology, relaxation, dance yoga, art therapy, etc.) aimed at expanding the creative palette of the dance therapist combined with the fundamentals of the teacher's posture. But also the meeting of students, trainers and other potential dance therapists which allowed me to further open my field of vision regarding these wonderful keys to healing. All in a framework of kindness, respect and free will where we learn to become guardians of ourselves before being able to be guardians of other people in search of personal development and transformation. A unique training course, created by Pascale Saly-Giocanti, highly recommended! Which goes well beyond dance... Anchored in being and not doing. And which will open up even more next year with an online version accessible to all four corners of the world... Gratitude. Abundance . Joy . Awareness . Intuition . Opening . Love . Radiation

Dancer and actress (November 2021 Session) - Fontainebleau

I had the chance to follow my dance therapy and relaxation training this year with Pascale Saly. Thanks to her extensive experience as a dancer, therapist and relaxation therapist, this training is very rich in practical and theoretical experience. Pascale and Laetitia created a climate of great trust and we experienced very rich training shared with other women and future dancer therapists. Thank you very much again.

Marie Laure Alizard, sophrologist and state graduate in contemporary dance (November 2021 session)

Our partners

- Pôle emploi and Qualiopi quality certificate
- Casip-Cojasor Foundation (help for the elderly and people in difficulty open for over 200 years)
- Sports association of the Curie Institute (Clinical and fundamental research dedicated to the fight against cancer)
- Town hall of the 5th



CASIP-COJASOR
FONDATION 1809



NEOSILVER

access to rooms

Training classroom:

- 8 rue de Bièvre 75005 Paris
station: Maubert Mutualité

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Paralasalza class room:

Amyot Gymnasium: 3 Rue Amyot 75005 station: Place Monge

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Accommodation points:

we do not offer specific accommodation but you have an important offer around our rooms such as:

- Hôtel Marignan 13 rue du Sommerard 75005 Paris (single room, 2,3,4,5 people) <https://www.hotel-marignan.com/>

Access to the disabled public:

disability advisor: Anton Amadiou. Our training room is not accessible to PRMs.

contact



06 64 32 02 90



formationdansetherapie.com
paralasiswa.com



paralasiswa@gmail.com
contact@persenota.com



For the Ecole de Danse Sauce
For If Note



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Paralasiswa Danse
For If Note



Pascale Saly



Advice for dance therapy teachers
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