

Para la Salsa
 Association governed by the law of 1901
 Siret : 45289898400011
 20 bd Saint Germain 75005 Paris
 06 64 32 02 90
 paralasalsa@gmail.com
 Activity Declaration registered under the number
 117 551 329 75



Planning Training Level 1 Dance Therapy Per Se Nota © February 2024

Modules (238 hours)								
Themes	A	Days	Title	Hours	H/d	Nb/ D	Week	
Creativity	A1	21/02/2024	Module 20 The Collective & Dance Therapy	9h30-17h	6,5	1		
		22/02/2024	Module 12 The Pedagogue's Posture	9h30-17h	6,5	1		
	A1	23/02/2024	Module 5 D1 The Other, My Mirror	9h30-17h30	7	1	1	
	A1	24/02/2024	Module 21 Developing Creativity	9h30-17h30	7	1		
	A1	25/02/2024	Module 8-D1 Personal Development & Dance	9h30-17h30	7	1		
Dance	A2	17/04/2024	Module 1-D2 Proprioception "I Connect with My Body"	9h30-17h	6,5	1		
	A2	18/04/2024	Module 1-D1 Proprioception "I Connect with My Body"	9h30-17h	6,5	1		
	A1	19/04/2024	Module 11 Building Your Posture	9h30-17h30	7	1	2	
	A1	20/04/2024	Module 5 D2 The Other, My Mirror	9h30-17h30	7	1		
	A1	21/04/2024	Module 10 Technical Foundations of Modern Dance	9h30-17h30	7	1		
Therapy		16/05/2024	Module 19 Framework, Dance, and Assertiveness	9h-16h30	6,5	1		
	A2	17/05/2024	Module 3 D1 Emotions: "I Love Myself, I Breathe... I Love Myself, I Dance..."	9h-16h30	6,5	1		
		18/05/2024	Module 3 D2 Emotions: "I Love Myself, I Breathe... I Love Myself, I Dance..."	9h30-17h30	7	1	3	
	A1	19/05/2024	Module 18 Non-Verbal Communication	9h30-17h30	7	1		
	A1	20/05/2024	Module 13 Dance & Psychology	9h30-17h30	7	1		
Relaxation	A2	03/07/2024	Module 2-D1 Basics of Anatomy	9h30-17h	6,5	1		
		04/07/2024	Module 2-D2 Basics of Anatomy	9h30-17h	6,5	1		
	A1	05/07/2024	Module 23 Dance Meditation by Per se Nota ©	9h30-17h30	7	1	4	
	A2	06/07/2024	Module 9-D1 Being Yourself - Fundamentals of Relaxation	9h30-17h30	7	1		
	A2	07/07/2024	Module 9-D2 Being Yourself - Fundamentals of Relaxation	9h30-17h30	7	1		
Métis'danse ©	A2	28/08/2024	Module 7 No.1-D1 World Dances - Métis' Dance©	9h30-17h	6,5	1		
	A2	29/08/2024	Module 7 No.1-D2 World Dances - Métis' Dance©	9h30-17h	6,5	1		
	A1	30/08/2024	Module 22 Musicality	9h30-17h30	7	1	5	
	A2	31/08/2024	Module 7 No.2-D1 Latin Dances - Métis' Dance©	9h30-17h30	7	1		
	A2	01/09/2024	Module 7 No.2-D2 Latin Dances - Métis' Dance©	9h30-17h30	7	1		
Sacred	A1	17/10/2024	Module 8-D2 Personal Development & Dance	9h-16h30	6,5	1		
		18/10/2024	Module 6 D1 My Toolbox Is Me	9h-17h	7	1		
	A2	19/10/2024	Module 4-D1 Philosophy of Yoga & Dance Yoga by Per se Nota©	9h30-17h30	7	1	6	
		20/10/2024	Module 4-D2 Philosophy of Yoga & Dance Yoga by Per se Nota©	9h30-17h30	7	1		
		21/10/2024	Module 6 D2 My Toolbox Is Me	9h-16h30	6,5	1		
Pedagogy		07/11/2024	Module 24 Starting in the Profession	9h-16h30	6,5	1		
		08/11/2024	Module 17 Pedagogy - Levels and Progression in Dance	9h-16h30	6,5	1		
	A1	09/11/2024	Module 14 Specifics of the Children's Audience (4-6 Years)	9h30-17h30	7	1	7	
	A1	10/11/2024	Module 16 Specifics of the Senior Audience in Movement and Relaxation	9h30-17h30	7	1		
	A1	11/11/2024	Module 15 Specifics of the Young Audience	9h30-17h30	7	1		
<i>Les dates du planning et l'ordre des modules sont prévisionnels et susceptibles</i>						238	35	7
Continuing Education 400h								
238	h	In - person Pedagogical Modules						
80	h	Practical Application (Taking, Observing, and Giving Classes)						
80	h	Travail personnel en ligne, sur Digiforma						
2	h	Online Personal Work on Digiforma						
400	h	Price: 6000 euros + Association Membership Fee (30 €)"						
Adresse : 8 rue de Bièvre, Paris 5								

"Per se Nota Training - Para La Salsa Association - SIRET: 45289898400011 Activity Declaration registered under number:
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 This registration does not constitute state approval