

**IntroDanza** is an exciting self-inquiry method developed with the purpose of releasing the judgemental mind in order to experience happiness, consciousness, harmony. It inspires a greater awareness in the participant and takes her/him to a more spiritual, more abstract realm of the human experience, where the connection to Love is. This is achieved through a very guided movement, with music and joy.

**IntroDanza** is focused on the thoughts of the participants as the starting point for any successful human encounter. Thus, a session will immediately help the participant identify any obstacle to the experience of joy, motivation and alertness. This awareness will provide an immediate opportunity to release and experience a change there and then.

Even though **IntroDanza** was inspired for the experiential integration of the teachings of the book *A Course in Miracles*, **IntroDanza** has been practiced by all kinds of groups: women groups, children, healers, teenagers, corporate executives, university professors, the elderly and more, with the result of an increased desire to go within.

**IntroDanza** is experienced in inner silence: it is the inner dance and with the first 'danza' the participant receives an idea / focus to keep in his/her mind throughout the movement and observation of the thoughts within. Carolina offers a simple movement and guidance for the group so that the participants can plunge into an experience in movement with music. In one session, the focus can vary amongst:

**YourSelf:** As if there was no one else in the room.

**In Pairs:** A shared experience that introduces trust and non verbal communication offering everyone the opportunity to release the judgement in the mind.

**In group:** The group rejoices in an experience of acceptance of true communication with The Source, the Love Within.

Each **IntroDanza** session is a journey in which the participants are guided to look within at their resistances and go beyond them to get rid of their habit of judging themselves and others. They learn to make better decisions on behalf of joy, peace and completeness, in a very safe and nurturing environment with a lot of support. Hearts blossom in the acceptance of others and the journey of self-discovery is ignited as a true possibility to reach lasting peace and joy.



*Our weekend was a true blessing for me and I thank you so very much for your wonderful IntroDanza course! I have only experienced a few teachers in my life, who have convinced me like you did. As they say, you 'walk the talk', and that is empowering, impressive and gives lots of hope!*  
(Sweden) **Wenche Schneider**    [www.wenche-schneider.de](http://www.wenche-schneider.de)