

■ **Program & Pedagogical Organization**

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■ **Administrative Management**

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■ **Certifications & References**

- Filed at INPI n° 18 4 458 142
- SEFCA - DATADOCK referenced
- SEFCA - ISO 9001 certified

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TRAINING IN

«THERAPEUTIC TANGO »



FORMATION-EN-Dijon-Mars2021-V1



INFORMATION

Training workshop

The workshop lasts 26 hours, over four days.
The next coming sessions will take place on : 14th, 15th & 16th March, and 14th April 2022.

Location

Institut Marey - B64 Rue Sully, Dijon, FRANCE
Université de Bourgogne - Campus de Dijon, UFR STAPS
Tramway T1 : Mazen-Sully - easy access from the train station

Admission

600.00 € per person

Compliance with health standards

- PCR test requested
- Face mask compulsory (FFP2 if possible)
- Physical distancing between participants
- Frequent airing of the premises
- Use of hydroalcoholic gel necessary

PUBLIC

Professionnal caregivers :

- facilitators in Gerontology
- nursing assistants
- teachers of Adapted Physical Activity
- nurses

Volunteers, Families...

DESCRIPTION

The courses are based on the **Dinzel System**, a well articulated pedagogical teaching of transmission and diffusion of Tango, written by Gloria and Rodolfo Dinzel.

Gloria and Rodolfo were the first to use Tango as a therapeutic treatment for Parkinson's disease patients or young people suffering from Down syndrome (trisomy 21).

Angela Nicotra, Dance Movement Therapist, was, as well as every other facilitator of this course, trained to the Dinzel method by Rodolfo Dinzel himself.

All her work will be based on the fundamentals of this system, on Dance Movement Therapy, on the search for improvisation and freedom as the main elements of dance, to be shared with elderly people suffering from neurodegenerative disorders.

OBJECTIVES

Train **professional gerontology caregivers** to animate Tango workshops.

Day 1 • Monday 14th March 2022

9am - 12pm

Opening. France MOUREY, University professor, Inserm 1093
Screening of the documentary « The Melody of Alzheimer's » and introduction of the global project and of its deployment in France, in Europe, in the USA & in Latin America.
Anne BRAMARD BLAGNY, author, director, producer

1pm - 4:30pm

Introduction to the basics of Gerontology, neuroscientific founding principles and practical approach through posture and movement.
France MOUREY & Lucía BRACCO, PhD student

Day 2 • Tuesday 15th March 2022

9am - 12pm

Tango practice - Argentinian Tango basics and foundations: individual technique on the posture of the body, the walk, the equilibrium, and the perception of weight transfer. The concept of dissociation. Verticality. Connexion with the rhythm. Introduction of basic sequences with a dance partner.
Angela NICOTRA, Dance Movement Therapist

1pm - 4:30pm

Tango practice - Dissociation, Rhythm, Orientation.
The connexion of «*Abrazo*» (embrace) : construction of the *Abrazo*, empathy & presence. Repetition & development of basic sequences with a dance partner.
Angela NICOTRA

Day 3 • Wednesday 16th March 2022

9am - 12pm

Tango practice - Improvisation, dialogue of the couple, possibility of error, uniqueness, expressive elements, sensibility, music.
Angela NICOTRA

1pm - 4:30pm

Tango practice & debriefing with the team - Evaluation of the training course.
France MOUREY, Lucía BRACCO & Angela NICOTRA

Screening of different works of appropriation of the project by retirement homes, day-centres, activity and care centres...
Anne BRAMARD BLAGNY

Day 4 • Thursday 14th April 2022

Videoconferencing from the Marey Institute

9am - 12pm

Training feedback and debriefing.
Lucía BRACCO, Angela NICOTRA & Anne BRAMARD BLAGNY

1pm - 4:30pm

Contributions.
France MOUREY, Angela NICOTRA, Lucía BRACCO, & the trainees.
Synthesis and evaluation.