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Certifications & References

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

www.u-bourgogne.fr
INFOGRAPHICS

Training workshop
The workshop lasts 26 hours, over four days.
The next coming sessions will take place on:
• 18th, 19th & 20th September, and 16th October 2023
• 11th, 12th, 13th March & 15th April 2024

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
• Frequent airing of the premises
• Use of hydroalcoholic gel recommended

PUBLIC

Professional 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).

Thomas Poucet, Tango Teacher, was trained to the Dinzel method directly by Rodolfo Dinzel himself.
All his 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
9am - 12pm • Opening & introduction to the basics of gerontology
Neuroscientific founding principles and practical approach through posture and movement.
Lucía BRACCO, PhD student, University of Bourgogne Franche-Comté, Inserm U1093 Laboratory.

1pm - 2:30pm • Conference on the history of Tango
Solange BAZELY, lecturer specialist of the Tango culture.

2:30pm - 4:30pm • Introduction to the project Tango for Seniors
Origins of the concept & screening of the documentary « The Melody of Alzheimer’s ». Introduction to the global project and of its deployment in France, in Europe, in the USA & in Latin America.
Anne BRAMARD BLAGNY, author, director, producer.

Day 2
9am - 12pm • Tango practice
Basics and foundations of Argentinian Tango: 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.
Thomas POUCET, Tango Teacher.

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.
Thomas POUCET.

Day 3
9am - 12pm • Tango practice
Improvisation, dialogue of the couple, possibility of error, uniqueness, expressive elements, sensibility, music.
Thomas POUCET.

1pm - 4:30pm • Tango practice & debriefing with the team
Evaluation of the training course.
France MOUREY, University professor, University of Bourgogne Franche-Comté, Inserm U1093 Laboratory, Lucía BRACCO and Thomas POUCET.
Screening of different works of appropriation of the project by retirement homes, day-centres, activity and care centres...
Anne BRAMARD BLAGNY.

Day 4 • videoconferencing from the Marey Institute
9am - 12pm • Feedback
Training feedback and debriefing with Lucía BRACCO, Thomas POUCET & Anne BRAMARD BLAGNY.

1pm - 4:30pm • Conclusion
Contributions of France MOUREY, Thomas POUCET, Lucía BRACCO, & the trainees.
Synthesis and evaluation.