

PRBB Intervals Course Proposal

Course Title: Dance your science - Move your body move your mind

Proposed date(s) July 6th, 10th & 12th

Course Language English

Course Leader

Leo Zunda is a professional dancer, actor and choreographer with experience in musical theatre, film and television. CEO of “*Leo Zunda Dance and Theatre school in Barcelona*”, he has the professional degrees of drama, musical theatre, and Afro-American rhythms and a Masters in leadership studies. He participates as a leader in 7 international cultural exchanges that focus on communication through arts. Leo is the creator of the ABC System.

www.leozundaescuela.com

Rationale for course (why is this course of interest for the PRBB staff?)

Research professionals depend heavily on power point to express scientific concepts visually and these presentations can become monotonous. By using dance, movement and gesture to explore ideas for a presentation, researchers can open up a new realm of creative ways to conceptualize abstract concepts. We believe in the importance of moving our bodies through the music to stimulate our minds.

This course will introduce participants to a group of exercises emerging from music and movement to investigate ways to improve creativity communicating with our bodies and other people, gaining awareness of effective body language. All the participants are going to understand how the music works through their bodies with the A B C of the music and dance system: A- Harmony B- Beats accentuation C-Cadence

Course aim – general

Gain awareness of the potential of communicating a scientific explanation through an artistic experience, to challenge the habitual ways of thinking and communicating. It's a full musical experience to improve our non verbal expression and gain consciousness of the correct ways of expressing in front of an audience.

Specific learning outcomes (what new skills, knowledge &/or attitudes will participants take away from the course?)

Participants will:

- Become more aware of the importance of being fully present when communicating.
- Develop a new and creative communicative awareness.
- Enjoy movement and eliminate communication barriers.
- Connect with their bodies in a conscious way and learn to use it as a communicative tool.
- Stimulate their interpersonal connection and perceptive skills and their awareness of space.

- Understand how music and body movement works. (A B C system)

Course contents (outline of topics to be covered)

- Introduce scientists to a range of movement, choreography, response to music and rhythm.
- Look for a visual elements that are relevant and effective.
- Create awareness of the importance of the body.
- Develop consciousness of body expression.
- Find ways to make communication easier and more useful.
- Develop a practical instinct for simplifying ideas.
- Learn how scenic direction works

Training methods

Dance theatre, physical improvisation, movement with music, breathing and body awareness, physical exercises, posture, rhythm and ABC system.

Target group in PRBB (Senior scientists, postdocs, predocs, management/admin staff, all residents)

Everybody at the PRBB, cross-disciplinary

Number of participants (maximum) 15

Total course hours (Please specify: direct training with instructor present and required self-study)

Note: only the direct training hours will be included in the post-course certificate.

Number of hours of class time: 2 classes of 2:30 hrs. and the last one 3hrs.

Number of hours of self-study: 0

Total number of course hours: 8

Distribution of course (hours/days): 3 sessions: / 2,30 hours the first 2 sessions and 3 hours the last one. (8 hours in total)

Pre-course preparation and/or between sessions?

Nothing, you don't need to prepare anything before. Just try to take the full time of each class to connect in a 100% with the process and enjoy the full experience.

Material participants need to bring

Participants should come with comfortable clothes (cotton) and non-slippery socks if possible. Ideally black clothes with no brands or phrases.

Relevant background reading/ audiovisual/websites or other materials.