

## PRBB Intervals Course Proposal

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**Course Title** Kinaesthetics for cognitive agility (Dance your science)

**Proposed date(s)** 4th and 11th July, from 10:00 to 14:00

**Course Language** English

### **Course Leader**

Leo Zunda is a professional dancer, actor and choreographer. Experience in musical theatre, movies 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.

[www.leozunda.com](http://www.leozunda.com)    [www.leozundaescuela.com](http://www.leozundaescuela.com)

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

Scientists depend heavily on powerpoint 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 conceptualise abstract concepts.

This course will introduce participants to a group of exercises emerging from music and movement to investigate ways to be more creative when communicating with our bodies and with other people, and to gain awareness of effective body language.

### **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.

### **Specific learning outcomes (what new skills, knowledge &/or attitudes will participants to 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.

***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.

***Training methods***

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

***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: 4  
Number of hours of self-study: 0  
Total number of course hours: 8

***Distribution of course (hours/days): 2 sessions of 4 hours***

***Pre-course preparation and/or between sessions?***

Participants should come with a scientific idea they would like to explore in movement. Before the workshop they should send the course organisers a short summary explaining this idea in no more than 150 words, in everyday English suitable for non-scientific audience.

***Material participants need to bring***

Participants should come with comfortable clothes and non-slippery socks if possible.

***Relevant background reading/ audiovisual/websites or other materials***

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