

Whether you are already a facilitator, therapist, artist/healer or someone who has felt the passion, change and healing inherent in moving the body, this training will offer you a weave of skills and tools to enhance your offerings into the world around you.

We offer this training with over 50 years of our combined experience as conscious movement teachers, a synthesis of our own trainings and study in anatomy, physiotherapy, energetics, shamanism, theatre, poetry, Diamond Approach, therapy, meditation and deep enquiry. We bring what has shaped us, guided us, what we have created and what has developed us into leaders. There will be an emphasis on the weaving of anatomy, ceremony and creativity into the art of movement facilitation. See below for more details about us.

**Everything moves. Everything is movement – one way or another, up, down, in, out, shaken all about.**

And shaken we are in these times. This training will offer you a way to bring some ground and holding, some hope and inspiration into your communities and/or work spaces. The BISO training will enable you to hold groups of people, guide and lead them into a sense of embodiment and presence. Point them towards resources for togetherness, centering, opening, releasing and acceptance. It will enable you to form or grow community with creativity and awareness, dance and exploration, ceremony and presence.

**BISO is an experientially based body of work, understanding through your body and senses what is happening, what you're experiencing and learning, how you offer from there and what tools you can use to enable that.**

### What you will get:

- You will know how to create a frame for holding a group, a frame for leadership.
- You will be able to give movement sessions, offer people rooted, clear, movement resources to support a unification of the soul, spirit, mind and emotional landscape in the body.
- You will receive a set of teachings on anatomy and the energetics of the body and the work of Bodyspirit.
- You will have a solid and basic grounding in how to use music as medicine.
- You will be able to hold simple ceremony and ritual space in your own life and as a facilitator.
- You will receive deep support in a harnessing and continuous opening to your creative life force as a grounded, guiding, intuitive intelligence for your participants to drink from.
- You will receive a set of teachings on working with libido and sexual energy.
- You will receive focused attention in small groups from both Cathy and Nele in between modules, and individual feedback as the training progresses during each module.
- Each module will introduce a guest speaker from many different modalities on leadership, passion and soul.

### Cathy and Nele

Nele Vandezande and Cathy Ryan were both born in 1971. They followed their passion and curiosity for life and both fell in love with movement as a pathway to presence and awareness, a map to follow in order to keep deepening into what it means to be human. They met 15 years ago and shared dance-floors, rooms, trainings as well as teaching and working together regularly. They became very close friends.

Nele and her husband Kurt Pattyn are the founders and creators of Souldance [www.souldance.be](http://www.souldance.be) and Cathy of HumansBeing [www.humans-being.co.uk](http://www.humans-being.co.uk).

Both are long standing 5 Rhythms teachers and founding members and faculty of Open Floor International. They are both homemakers and seekers - always open to new possibilities. So much in common and so very different in certain aspects of who they are.

*Earth and water meets fire and air.*

One moves from a deep understanding of the anatomical energies and physicality of the body, the other from a soul connection and deep understanding of the healing power of the arts and ritual. At the age of 50 they find the moment to bring their expertise and experience together and offer their wisdom and work in the creation of BISO.

After teaching and working in the conscious movement field for so long, they are excited and passionate about what they can offer to colleagues and the training skills they can bring to a whole new generation of movement facilitators.

The BISO conscious movement facilitator training is currently in the process of becoming an accredited training school with the ICMTA, an international professional network of qualified movement teachers from different schools who offer dance and movement practice as a path to freedom, connection and wholeness.



# BISO - Body in Soul

## a Dynamic Movement Facilitator Training

2025 - 2026

with Cathy Ryan and Nele Vandezande

The body moves in the vastness of the soul, the breadth of spirit.

A training for our times.

A training in togetherness as things fall apart.  
A training in resources on how to bring together self, community, creativity and prayer.

### For more information:

1. With any enquiries feel free to contact us (see below)
2. If you'd like to apply for the training:
  - Mail us and ask for the application form (see below)
  - We will let you know if you have been accepted.
  - If yes, choose your way of payment
  - We will send you assignments, so you can prepare to start the training.

Contact us at [bisotraining@gmail.com](mailto:bisotraining@gmail.com)

## 1. The Art of Movement

How to induce/invite/direct/seduce and support movement as a vehicle for fluidity, shadow work, release, acceptance and growth.

You will be taught how to use a very particular frame, the FABRR method:

**Focus**                      **Breath**                      **Movement**                      **Rhythm**                      **Space**

In order to embody and invite our innate capacities for:

**Centering**  
**Grounding**  
**Midline movement on the horizontal and vertical planes**  
**Rising and Falling**  
**Releasing**  
**Acceptance**

In each of these resources, you will be taken through experiential study, exercises, explanations and explorations for you to embody and develop in your own teaching.

*You will be asked to create your own scores (plans/maps) for offering to others.*

*You will be guided in the use or non-use of music/sound to assist access to these resources.*

*You will be encouraged to use your own creative interests or experience to use in your facilitation e.g writing/drawing/art therapy/gestalt/mask work. You will have direct experience of teaching your fellow trainees as a training ground and receive hands on reflections and feedback from Cathy and Nele. You will be asked to run at least five sessions outside the holding of the training before you graduate.*

## 2. Anatomy and the body

Everything we do, act on and relate to as humans, resonates with a layer of the body's anatomy. Each anatomical layer is a gateway and is connected to specific emotions, thought patterns and a creative intelligence and spirit. Each layer has a different connection to earth and environment. By offering movement through the knowledge of these layers and becoming aware of these processes in the background, we support the dancers to realise the full potential in the dance and real life. This work, **Bodyspirit**, has been developed and created by Nele and Kurt (her husband).



## 3. Emotions and the body

**Resources for working with emotional landscapes that may arise for people – what do you do if someone on your floor freezes/fights/wants to leave?** This is not a trauma training though we will be giving you tools and support for working with a range of what may show up for your students as they move and travel through their histories and stories.

*You will be shown how to open up the moving body to working with emotional energies in a held and bounded way – we will look at fear, anger, sadness, joy, surprise and disgust – both the shadows and the healing power inherent in these fields.*

*You will have an embodied understanding of the Window of Presence and how to see it in the room and your own lives.*

*You will be asked to take one of these emotional landscapes, delve deep and come up with your own creative movement project on how you would facilitate and bring it to a group.*

## 4. Ritual

How to hold ritual and ceremonial space – out on the land and inside spaces.

*You will receive a basic shamanic map for working with the elements, creating both boundaries and a field or container for prayer and healing work.*

## 5. Creativity

The nature of your creativity and how you can harness it in your role as facilitator.

*You will be asked to utilise different creative parts of yourself – perhaps you're a writer/a cook/a hiker/ an artist/ a mathematician/an architect - and examine how this part of you may feed into holding space for others. You will be introduced to a variety of leaders in different fields who will come and talk about their work – their passion and their why, their soul work.*

## 6. The art and healing nature of witnessing

**We will look at the art of presence, listening and noticing.** What can you see and sense in a moving body and how might you articulate it as a facilitator. How does witnessing and being witnessed enable a sense of becoming, a sense of essence or true nature.

### Questions you will be asked:

What is movement?  
 What makes a good teacher?  
 What is togetherness? Unity?  
 What is the true nature of joy? What is joyful about these times?  
 How do you cultivate your creativity?  
 How do you take care of your relationships - family, friends, colleagues?  
 What is right about breakdown, failure, pointlessness, boredom?  
 What is alive about these times? What is pointing to true nature?  
 What is ceremony/ritual for you?  
 What is clarity?

### Tasks and assignments will include:

Projects , Class plans , Soundscapes, Reading list, Peer groups and Supervision

We want you to be able to add this training, BISO, into your work field, whatever it is– to bring more juice to your work and how you offer into the world. Or to begin a brand new adventure.

### Pre-requisites:

150 hours of conscious movement practice inclusive of 5 Rhythms, Open Floor, Soul Motion, Bodyspirit, Freedom Dance, Azul  
 Plus  
 3 weekends of relational/emotional enquiry in a recognised body of teaching e.g 5 Rhythms heartbeat, Open Floor Therapy in Motion, art therapy, any kind of professional arts training, therapy work, deep enquiry/meditation work (e.g Vipasana, Diamond Approach)

## Programme and dates

Phase 1	Body in Soul 1	Day	Hours	Trainers	Venue
Module 1	13/14/15/16 March 2025	Thur Fri, Sat Sun	18.30-21.30 10.00-18.00 10.00-17.00	Nele & Cathy	Souldance, Moorsele Belgium
Module 2	18/19/20/21 June 2025	Thur Fri, Sat Sun	18.30-21.30 10.00-18.00 10.00-17.00	Nele & Cathy	Souldance, Moorsele Belgium
Module 3	4/5/6/7 September 2025	Thur Fri, Sat Sun	18.30-21.30 10.00-18.00 10.00-17.00	Nele & Cathy	Ballymaloe, Cork Ireland
Module 4	30/31 October 1/2 November 2025	Thur Fri, Sat Sun	18.30-21.30 10.00-18.00 10.00-17.00	Nele & Cathy	Ballymaloe, Cork Ireland

Phase 2	Body in Soul 2	Day	Hours	Trainers	Venue
Module 5	19/20/21/22 March 2026	Thur Fri, Sat Sun	18.30-21.30 10.00-18.00 10.00-17.00	Nele & Cathy	Souldance, Moorsele Belgium
Module 6	28/29/30/31 May 2026	Thur Fri, Sat Sun	18.30-21.30 10.00-18.00 10.00-17.00	Nele & Cathy	Ballymaloe, Cork Ireland
Module 7	24/25/26/27 September 2026	Thur Fri, Sat Sun	18.30-21.30 10.00-18.00 10.00-17.00	Nele & Cathy	Souldance, Moorsele Belgium
Module 8	29/30/31 October 1 November 2026	Thur Fri, Sat Sun	18.30-21.30 10.00-18.00 10.00-17.00	Nele & Cathy	Ballymaloe, Cork Ireland

BISO	extra	Amount	Day/Hour	Who
Experts	leader in their field	8	Every module – 1hour (evening)	
Mentoring	Supervision - 1 group between every module	7	TBD with group 2 hours	Nele & Cathy
Mentoring	Individual		Not included	Nele & Cathy
Mentoring	Individual		Not included	external therapist

## Price

Price	Non refundable deposit of 1000 euro by September 1st, 2024
<b>Thereafter, Option 1 Reduction – 6650 euro</b>	<b>2nd payment</b> - 2325 euro by Jan 1st 2025 (Phase 1) <b>3th payment</b> - 3325 euro by Jan 1st 2026 (Phase 2)
<b>Option 2 Full price – 8000 euro</b>	<b>1 st payment</b> - 4000 euro by Jan 1st 2025 (Phase1) <b>2nd payment</b> - 4000 euro by Jan 1st 2026 (Phase 2)
<b>Instalments possible</b>	Instalments are possible on options 1 and 2 but not on the deposit. To pay by instalments will cost 300 euro extra per year.