**BIODANZA for adults – the biological basic of wellbeing**

Marcus Stueck & Alejandra Villegas

Wellbeing is first of all a biological process, embedded in social contexts and with

psychological effects. For instance is a certain synchronisity between heart beat and breathing

cycle for wellbeing necessary (distribution 4:1). Also between other autonome reactions (skin

resistance, skin potencial, skin temperature), biochemic parameters (cortisol, testosterone,

immune globuline A) and wellbeing are shown this synchronisity effects (Balzer, 2008).

Stueck and Balzer investigated the parameter Hypersensibility of the skin and its effect

on exhaustion and Burnout. This biological malfunctions and its influence on wellbeing can

be regulated by Yoga, Meditation and Biodanza as different studies of Stueck and Villegas

has shown. In their studies they found, that in 10 sessions of Yoga and Biodanza

selfregulative balancing processes are stimulated. It means Immunglobuline A is

increasing after each session significantly. In comparision to Yoga (relaxation method) by

using Dance and Expression of Emotion in Biodanza the Pre Values of Immuneglobuline shift

to a higher level from the 7th session onwards. It means a selforganisation in the IgA-

regulationary system took place. Selforganisation is a process of instability and new stability

and it can be measured by different parameters (e.g. skin response) and analyzing models (bio

rhythmometrical time row analysis, Hecht and Balzer, 2000). Stueck, Villegas and

Balzer could show, that the instability of the vegetative-emotional system is significant higher

after a Biodanza Session but the participants feel in the same time significantly more awake,

had a better mood and a higher vitality. Also the physiologically excitement was significant

higher in the next day after a Biodanza session accompagnied by a higher feeling of wellbeing

and by using less protection mechanisms (e.g. overloaded inhibition states) to cope with the

excitement. To conclude the biological basic of wellbeing has to do with stability/instability

in the autonomeeous regulation, with expression of emotion, with selfregulation and one

effective method for that is dance respective Biodanza. Biodanza exercises directly stimulate

most of all the symphatic-nervous system and the limbic-hypothalamic system in a natural,

positive and healthy way (Stueck, Villegas, 2008).

The method of Biodanza was developed by Rolando Toro in the 60s. Rolando Toro's aim was

for people to learn how to live well and happily together, because when people are happy they

are healthy, as different research has shown (see positive psychology, Seeligman, 2002). For

this he created with Biodanza a system of dances in 5 Lines of Experience: Vitality,

Affectivity, Sexuality, Transcendence, Creativity. The theory of Biodanza is based on the

concept of human integration on a personal, interpersonal and transcendental level. In the

1990s Marcus Stueck and Alejandra Villegas and colleaques started to investigate

scientifically BIODANZA at Leipzig university and published their results about the effects

of BIODANZA on wellbeing as the examples has shown in the beginning of this abstract. In

different studies they demonstrated that Biodanza has an effect on physiological,

psychological and immunological system (Villegas, Stueck et al. 1999, 2000, Villegas, 2006,

Stueck, Villegas, 2004, 2007, 2008, 2009). By this changes Biodanza is a 'method to improve

than psychological parameters, for instance improvement of the expression of identity', it

means the unit between thinking, feeling and acting'. Thus inducing harmony, unity, fluidity,

eroticism, pleasure and plenitude which can be shown in the change of different psychological

variables (higher optimism, relaxation, self-efficacy, ability of love and empathy, (Villegas

2006/2008, Stueck, 2007/2008, 2012). This increased potential counterbalances the excessive

negative impact on the system from stress, anxiety, depressionand the sublimation of instinct

and self-expression into 'more culturally acceptable' behaviour. Studies have been done

especially in the study group in Leipzig with adults (teachers, patients of psychotherapy,

employees), teachers and children (see literature). An overview about the worldwide

dissertation works is given in the Bionet Journal 2012 (see www.bionet.name).

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