INTERNATIONAL BIODANZA FEDERATION

NEWSLETTER 9

JULY 2025

Registration open for the 2026 World Congress

INDEX

- Call for the 2026 World Congress
- Letter from the Board
- Reports of the Methodology Commission
- Campaign "A sticker for Biodanza"
- New schools
- Poem of Rolando

Remember that you can access previous newsletters through the Federation's website: www.biodanza.org/newsletter/

CALL FOR THE 2026 WORLD CONGRESS

XII World Biodanza Congress 2026 – II IBFed World Congress – BEATING IN UNITY

With great joy, we invite the entire Biodanza community to participate in the upcoming **World Biodanza Congress to be held in Argentina in 2026.** Now more than ever, we feel the impulse to come together and BEAT IN UNITY.

The event organizing team, composed of Laura Del Piano (President of ADEBA), Raúl Terrén, and Víctor Beziner, invites School Directors, Didactic Teachers, Facilitators, Students in training, and participants from weekly groups and workshops from all over the world to be part of this unforgettable experience.

We will gather as those who believe in the profound meaning of this path that unites us, to share our dance and expand the joy of being alive.
We are working to co-create an experience that will strengthen the community, our practices, and renew the feeling of belonging.
From November 26th to 29th, 2026, Mar del Plata (Argentina) will be the meeting place for our international Biodanza community. Four days to share experiences, projects, and knowledge. Love in action.
More than 2,500 people from different countries will arrive in this city on the Atlantic coast to be part of an event that promises celebration, integration, and collective expansion.

📌 How to Register

Registration is already open. You simply need to fill out the form (available in Spanish, English, Portuguese, and French) and complete the payment through one of the available methods. You'll find the link to the form directly on the main page of the official Congress website: https://congresobiodanza2026.com.ar/

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💳 Payment Methods

Participants from Latin America currently in Didactic training can pay in cash in Veranópolis in September 2025.
For those registering from other countries, there are options such as wire transfers in US dollars or card payments via Stripe (including Apple Pay and Google Pay).
All this information will be sent to you by email once you complete your registration.

📌 Promotional Rate

Access to all 4 days of the Congress has a promotional price of USD 300, valid until December 31st, 2025.
Important: Access is non-refundable. However, if you're unable to attend, you can transfer your spot to someone else who hasn't yet registered. You just need to notify us so we can arrange it.

📬 Want to stay up to date with all the news?

In addition to following us on social media (@biodanza_adeba_argentina on Instagram and Facebook), you'll receive all updates, news, and proposals related to the Congress by email once you're registered. And if you have any questions, you can write to us at info@congresobiodanza2026.com.ar or send us a WhatsApp message at https://wa.me/5493434627186

🌊 The City, the Sea, and the Movement

Beyond being the chosen city for the Congress, Mar del Plata is also part of the experience. Located on the Atlantic coast, 400 km from Buenos Aires, it offers beaches, a vibrant cultural scene, and excellent gastronomy. Perfect for enjoying both during and after each day of the Congress.

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🏨 Accommodation

The event will be held at the NH Gran Provincial Hotel. Those wishing to stay there—or in nearby hotels—will have access to special rates arranged by the travel agency Soluciones Turísticas. Please note: promotional rates will be valid until August 15th, 2025.

You can also arrange your stay independently: stay with friends, rent through Airbnb, or even go camping if that's what you love most.

📣 Do you have a proposal to present at the Congress?

The Scientific Committee will publish in August 2025 the criteria for submitting proposals to lead Biodanza sessions (Vivencias), participate in dialogue panels, or contribute to the Knowledge Fair. In October 2026, the final program with all confirmed activities will be released.

For more information and registration, visit www.congresobiodanza2026.com.ar or contact us via WhatsApp at https://wa.me/5493434627186

LETTER FROM THE BOARD

Dear colleagues of the Biodanza community:

We are at the halfway point of this last year of our mandate at the head of our beloved International Federation of Biodanza.
Among the many tasks we are facing in the Federation, you have just seen the call for what will be our second World Congress, to be held in Argentina in 2026, organised by the Association of Biodanza Schools of Argentina.

We are also facing the final stretch of the Didacta Courses that will end between September and October this year, a great organisational and pedagogical effort for which we would like to thank all the people who are part of this great work and, above all, the more than 500 facilitators who are being trained in them.

Finally, we welcome the creation in recent months by our Assembly of a Gender Commission within the Federation, formed by specialists in the theme of the whole movement of Biodanza.

We continue to work to spread Biodanza and its message in this world in need of affection.

IBFed Board (Andreina Acri, José Neves, Angelica Scotti, Gill Piras, Luzvian Saray, Roberto Farias and Fernando Tucho)

REPORT OF THE SUBCOMMISSION ON APPLICATIONS AND EXTENSIONS
(METHODOLOGY COMMISSION)

Why is it necessary to distinguish Biodanza from Entheogenic Dance?

All Biodanza facilitators and didactic teachers who knew and trained with Rolando Toro Araneda in the 1980s are aware that he researched states of expanded consciousness, including through the use of entheogenic substances (LSD).

At that time, Rolando Toro was still in a phase of research on expanded states of consciousness, which he primarily carried out through the controlled use of LSD in highly prepared settings, always with the support of qualified doctors and operators, ready to intervene if necessary.

For Rolando, this research aimed to understand how far one could go using psychoactive substances, understood as tools capable of amplifying human perception and experience. However, after some years, he firmly concluded that the use of LSD should not be part of Biodanza practice—nor should any other kind of entheogenic substance.

This decision emerged from a fundamental discovery: specific types of movement —such as fluid or extremely slowed-down movements— practiced with closed eyes and accompanied by slow music with a "lysergic" tone, could produce effects similar to those of entheogenic substances, but without side effects, and within a safe and natural context.

We know that Rolando Toro experimented with LSD and later believed it could have therapeutic use, provided that it was scientifically and molecularly studied, especially for addressing specific traumas.

He observed how states of vitality could be nurtured physiologically through experiences involving music, singing, and dance that generated lysergic effects.

That is why he called it “Integrative Trance” and distinguished it from the dangers of other trance methods.

He told us: no substances, no holotropic breathing—it’s about naturally activating the molecular chemistry, the peptides, and the neurotransmitters of love and the ecstasy of living.

Rolando’s deep understanding of the human being enabled him to develop the methodology of Biodanza thanks to these tools, capable of promoting expanded states of consciousness through trance, regression, and cenesthetic movements, in conditions of well-being and in contact with nature.

However, today, in some parts of the world, we are witnessing the spread of practices that, while referring to Biodanza, actually represent a dangerous deviation from the original system, attempting to replicate Rolando Toro’s initial research without understanding its methodological evolution or his fundamental decisions.

For this reason, the Commission on Methodology formally distances itself from any attempt to alter or contaminate the practice of Biodanza with the use of entheogenic, psychedelic, or similar substances.

At the same time, it calls on all facilitators and didactic teachers of the international movement to exercise discernment and reject any experimentation that deviates from the foundational principles of the system created by Rolando Toro.

REPORT OF THE SUBCOMMISSION ON BIODANZA AND SCIENCE
(METHODOLOGY COMMISSION)

We are pleased to share with you some important news from the "Biodanza and Empirical Science" Subcommission:

1. Linking of the BIONET research network and the International Biocentric Research Academy (IBRA) on the IBFed website biodanza.org/news

The International Biocentric Research Academy (IBRA), as part of Bionet, is now officially linked on the official website of the International Biocentric Federation (IBFed). This officially establishes cooperation with an innovative research institute in the field of empirical biodanza research. Nine research projects on Biodanza and the biocentric principle are currently underway there, including three psychoneuroimmunological studies with Biodanza schools in Prague (Markéta Hrabalová, Aneta Končulová), in Latvia (Vineta Greaves, Anete Raykova, Marcus Stueck), and in Porto (Nuno Pinto, Ana Maria Silva, Joana Felix). There are also ongoing studies on Aquatic Biodanza in Gran Canaria at the Aquatic Biodanza Research and Training Center (Oscar Imbernoon), a study with older adults in Freiburg (Beate Hoffmann), and the Minotaurus project in Riga. Another study is planned for the Netherlands in November (Ad Fasse, Aneke Klomp). The International Biocentric Research Academy (IBRA) is overseeing these studies. Background of the cooperation between IBFed and the BIONET research network and the International Biocentric Research Academy (IBRA).

The cooperation between IBFed (International Biodanza Federation) and scientific networks such as BIONET (Biocentric Research Network), IBRA (International Biocentric Research Academy), and other research institutions was established with the aim of further developing Biodanza on a scientifically sound basis. This is due to the perceived lack of systematic access to empirical research in international Biodanza training programs (Didacts, schools).

In training practice to date, secondary literature from related disciplines (e.g., epigenetics, neuroscience, or regression) is often used, which has not been directly applied to Biodanza. However, although so-called primary studies are available, these studies are often used to explain effects—without empirical validation in the context of Biodanza. This leads to a dogmatic consolidation of theory or an unthinking and arbitrary integration of scientific concepts. Both jeopardize the scientific credibility of the method.

A large number of empirical studies on Biodanza already exist, for example, on stress reduction, psychosomatic health, child development, Biodanza in water, and physiological and immunological effects, and regression has also been investigated psychophysiologically. The results of these investigations have been published. However, they have not yet been systematically anchored in teaching (didactics, schools) or the subject of ongoing reflection in training programs.

Therefore, cooperation with BIONET, IBRA, and universities creates the structural basis for pooling scientific results, discussing them, and making them permanently accessible. The goal is further, evidence-based development of Biodanza that integrates research, training, and practice—and thus sustainably strengthens the quality, credibility, and sustainability of the method. This is why the "Biodanza and Empirical Science" subcommittee is supporting an initiative of the International Academy for Biocentric Research. Starting September 25, 2025, IBRA invites you to monthly **online meetings of the research group**, lasting one hour, at 7:00 PM (CET). The meetings will consist of a 20-minute presentation and 40 minutes of interactive discussion on a current research project.

The goal of the meetings is to report on current empirical studies in the context of Biodanza and promote scientifically sound discourse. Dates and topics will be announced well in advance via the school principals' WhatsApp group. We are posting an article inviting you to read about the topic
and be part of it!

Article in English Article in Spanish

2. Seminar for Biodanza School Directors - October 2025

On October 1, 2025, at 5:00 p.m., the subcommittee will offer a seminar for all school directors.
Topic: How to write and supervise scientific monographs in Biodanza schools?
The objective is to systematically strengthen the empirical scientific quality of training and teaching. More information will follow in the directors' WhatsApp chat.

3. Third: Information about a scientific symposium on July 25, 2025, in Lizari, Latvia
"Current Issues in Biocentric Research in Health and Biodanza"

The scientific symposium will be held in English (the language of the conference). As it is a one-day event, it cannot be translated. However, it will be recorded on film, and the contributions will be published in Bionet's journal "Biocentric Sciences." The event consists of short, compact presentations. The program can be found at: www.bionet-research.com

Participation link:
https://ba-sachsen.webex.com/ba-sachsen/j.php?MTID=mf50e19f03a6aac7a0c20b5ec2fcaf4a3
We look forward to your participation and interest in the well-founded scientific development of Biodanza. Let's open a new chapter in Biodanza-based research together!

4. Conclusion of four memoranda of understanding/agreements (MoU, MoA) between the International Academy for Biocentric Research as part of the BIONET research network and four universities.
Cooperation agreements were concluded with the following universities for a period of 5 to 7 years, including research projects, guest lectures, joint publication activities, and biocentric and biodanza projects (e.g., biodanza in the Semarang Women's Prison or the implementation of the biocentric paradigm in urban communities):
- University of Social Welfare and Rehabilitation Sciences, Tehran, Iran
- University of Semarang, Indonesia
- Diponegoro University, Indonesia
- Islam University, Yogyakarta, Indonesia

These international collaborations with universities not only support scientific evaluation, but particularly publications on biodanza and biocentric research in reputable journals. Only through the publication of empirical primary research can Biodanza remain visible and recognized in scientific discourse in the long term.

In Tehran, Marcus Stueck launched the "Biodanza Teachers Without Borders" movement last year, which included an in-person workshop in Tehran. This month, an online workshop on "Biocentric Aid in War Zones" will be held with people from Iran suffering the psychological consequences of
armed conflict.

Best regards
Emilse Pola, Juan F. Gavilán, Myriam Sofía, and Marcus Stueck
IBFed's "Biodanza and Science" Subcommittee

CAMPAIGN: A STICKER FOR BIODANZA

From the Communication Commission we have launched, through the agency hired for the Biodanza dissemination campaign that we are carrying out, an initiative to fill the streets of our cities with Biodanza stickers and thus invite people to get to know Biodanza also from physical and not only virtual spaces.

How to participate?

In this folder you will find the sticker sheets ready to print on adhesive paper. They are available in 6 languages: Spanish, English, French, Portuguese, Italian and German. The stickers include the campaign slogan "Biodanza inspires" and a QR that leads to the Federation's website.

In the folder you will also find the guidelines for the campaign: where to put the stickers, where not to put them, what to do once they are on...

We invite you to participate in this movement and to spread it.

We are not sticking a sticker, we are sowing an intention. A network of affection, movement and meaning that transcends languages, borders and labels.

NEW SCHOOLS

We welcome new schools to join our Biodanza community.

SCHOOL	COUNTRY	DIRECTION	ASSOCIATION
SCHOOL OF BIODANZA SRT Cape Town	SUDÁFRICA	ANNELIZE BECHT	JASAI
SCHOOL OF BIODANZA SRT Southern Cross, Canberra	AUSTRALIA	KATE CLEMENT	JASAI
ESCUELA DE BIODANZA SRT - "Primordial", Santiago de Chile	CHILE	VALENTINA UBILLA y PAMELA VILDÓSOLA	RED CHILE
ESCOLA DE BIODANZA SRT - Madeira	PORTUGAL	DANIELLE TAVARES	ADBPM
ESCOLA DE BIODANZA SRT - Tear Santa Cantarina	BRASIL	LAURY ELISEU MARENCO DE OLIVEIRA	EBB
ESCUELA DE BIODANZA SRT- Escobar	ARGENTINA	SOL TORO y MARIA BISIO DE ANGELO	ADEBA
ESCUELA BIODANZA SRT - Río Paraná	ARGENTINA	SUSANA RAQUEL VILLAROEL	ADEBA
ESCUELA DE BIODANZA SRT - Pampa y Mar Iquique	CHILE	CLARA CECILIA GARATE	ADBCH
ÉCOLE DE BIODANZA SRT - Montpellier	FRANCIA	MARÍA DEL PILAR AMAYA	ASSEB
ESCUELA DE BIODANZA SRT - Mexicali B.C.	MÉXICO	CARMEN LLAMAS Y LINDA TORRES SALGADO	ADEBIOMEXECUUSA

EVERYTHING SPEAKS OF THE MIRACLE

Everything that surrounds us

gives us news of the miracle.

The orange

and the acid of the sky.

The road opening holes.

My boat on the shore-less sea.

There is no hurry.

No port.

Only absolute love.

Rolando Toro

Foto: Valu Ribeiro