Biodanza, the dance of life!

Biodanza is a holistic system of dance and experience developed in the 1960s by the Chilean psychologist Rolando TORO.

His aim was to make medicine more humane and to promote a more humane way of life.

My course is open to all age groups (aged 16 and over) and no previous dance experience is required.

We combine music, movement and social interaction to unlock our potential and foster a zest for life.

There's no need to memorise set sequences of steps; anyone aged 16 or over – whether healthy or unwell, male, female or non-binary – is warmly welcomed and can take part.

Course language: Luxembourgish

The world of 'Biodanza' inspires people all over the world.

Discover Biodanza for yourself and experience pure joy of life!