

Dancing to open and activate your chakras, that sounds like an ultimate combination of two nice things. The French Philippe Beaufour and the German Sabine Zweig developed their own yogadancemethod: SuryaSoul.

They started in various holistic disciplines. Philippe has practiced Taoist martial arts and yoga and played the guitar passionately. Sabine has danced a variety of styles, is also an architect and also studied psychology and philosophy. The merging of their work and passions into one comprehensive yoga-dance method was not immediately obvious, but now they no longer want anything else. Sabine was born with a lymph node disease on her left leg. Every year she is in the hospital for weeks for operations and treatments and doctors said she could never dance. And all that while she was a child she already felt an enormous urge to move when there was music. Only at the age of 19 did she dare to take the step to a dance school where she learned all kinds of styles, ranging from jazz and modern to African and callanetics. Sabine: "The more I danced, the happier I became, and to my surprise - and that of my doctors - I became healthier. Not only physically, also mentally, because being so positive about my body, I learned to embrace who I was, including my imperfect leg. "

For her architecture studies she went to Auroville in India, an international city project founded in 1968, supported by the UNESCO. Sabine: "I came for the architecture, but I suddenly started doing yoga and meditation there and I discovered classical Indian dance. Awesome! That dance is so structured and dedicated that it is a kind of yoga. I then realized that dance, like yoga, is a philosophy of life, because dance is communication, creating, making contact, love and it brings awareness. "Sabine has since alternated working and living in Germany and Auroville. She relocates every few months because of treatments in Germany and because the Indian climate is not good for her leg. In 2004 she met Philippe, who had been living full-time in Auroville for years. Philippe: "I taught Tai Chi, Chi Kung, Kung Fu there. I also made a lot of music. Sabine made me dance. We did different types of awareness dance forms. And soon we gave lessons in all those dance forms, in martial arts, tao and in yoga. The desire grew to combine all our passions and thus share the wisdom of the old masters with others through dance. It also worked well together, because essentially all of these expressions and philosophies are based on finding harmony. In the "dance of life you harmonize yourself with your environment, just like a musician in a jazz band. As a musician you learn to listen to others and to the silence, and you do that in daily life. "

SuryaSoul was born in 2016, their own complete yoga dance form. Sabine: "Because of my illness, I should not have children, but if I had had a daughter, she would have been called Surya, which means sun in Sanskrit. SuryaSoul is really our child. Surya Namaskar, the sun salutation, is one of the most important yoga exercises. And at SuryaSoul you practice to shine like the sun, from your soul, to celebrate life and to pass that on to others. "Philippe:" It enriches your soul because we work with the seven chakras. Chakras are energy centers in your body, and each chakra corresponds to certain life experiences and to an area in your body. For example, a chakra is about how you are rooted, another about opening your heart, speaking out or about creativity and intuition. We have linked four mudras to each chakra, mudra in Sanskrit stands for gesture, and we convert those gestures into movements. With seven chakras you get to 28 basic mudras that we practice in the soma class. You cannot do anything "wrong". But the teacher does work on a specific theme each class that focuses on one of the chakras - while they pass all seven. Each chakra has specific music styles that range from African drum beats, jazz and classical to well-known pop songs and mantras. And rituals are often used, in which you, for example, arrange objects in the room that relate to a certain chakra.

That it is a yoga dance form does not mean that you do all kinds of yoga poses during the sessions. Philippe: "The asanas, the postures, are one part of yoga. Most Indian yoga teachers do not even do asanas. Yoga is also about your attitude to life, meditation, life energy, breathing, concentration and we apply those various elements. We bring the yogi to dance. "SuryaSoul has three types of lessons, each with a slightly different purpose. The first is the "Dance of Soma", a fairly physical lesson in which you learn to use your body with the help of specific choreographies and rhythms. This is the basis. The "Dance of Spirit" is a freer variant of this in which you express yourself. Both modalities have the structure of a pulsating heart, with a quiet beginning, increasing the energy, an introverted part, again an extroverted active part and a quiet end with a focus on your inner world. Sabine: "During those classes you work on themes such as transformation, finding your inner child or heart wisdom, and you always share your experience with other participants. After a class you will never be the same as before. "The third type of lesson is the "Dance of Life ". Sabine: "That is a more personal, therapeutic variant in which you combine movement with music, poetry and visual arts. I also teach with hospital patients who cannot move so much, in the same hospital where I spent a lot of time. Very rewarding work, because patients are also going through great personal developments. "

Dance for yourself

Which movement with which chakra? Dance freely and use the music and movement tips below to focus on specific chakras. You can adjust your clothing to the chakra color, but you don't have to.

1st Chakra - Root Chakra - red

Why? To become better rooted, grounded, to feel safe, to experience your basis. Music? Ethnic and electronic music with many drums and beats. Didgeridoo sounds, low tones. Movement? Leg and foot movements with the emphasis on making contact with the floor. As if you are scanning the ground with the lower part of your body, pushing away, caressing, crushing or 'kissing'. Ritual? Associated element is earth. Make an altar with earth, leaves, pieces of wood - everything that grows from the earth.

2nd Chakra - Sacral chakra - orange

Why? To stimulate your sensuality, feeling and creativity. Music? Jazz, soul and Latin music: everything that involves your hips. Movement? Especially move your hips / pelvis. Make rotations with your whole body and flow-like moves. Ritual? Associated element is water. Use everything that connects you: put down shells or simply put a bowl of water in the room as a reminder of the quality of fluidity.

3rd Chakra - Solar Plexus Chakra - Yellow

Why? With this you work on willpower, self-assurance, finding your identity and transformation. Music? Pop music, hip hop, rap, rock: rebellious music. Movement? This chakra is located at your diaphragm. This includes movements from martial arts: punches, kicks and strikes. Ritual? The corresponding element is fire, because burning is also transforming. Place candles or ash in the room. (see photos page XX for example movements and gestures)

4th Chakra - Heart Chakra - green Why? To experience love, gratitude, compassion and peace. Music? Melodic music, love songs, often in a "minor" key, emotional music, which connects to the heart. Movement? Open your heart by opening your hands and arms in front of your chest, holding your palms together in front of your heart or moving your arms and hands back and forth parallel to each other. Ritual? Associated element is air. Use feathers because birds fly in the sky and heart shapes.

5th Chakra - Throat chakra - blue

Why? For more self-expression, to express yourself and communicate clearly. Music? Good old songs: songs that you can sing along with and literally let your voice be heard, such as "Don't worry, be happy" or "Let it be." Movement? Let your whole body vibrate with the vibration of the music. Feel your breath flowing through your body, vibrate, shake everything loose, hum, make noise. Ritual? Associated element is sound. Put down music instruments and singing bowls, let them echo if necessary.

6th Chakra - third eye chakra - indigo

Why? When you want to work on intuition, wisdom, imagination and concentration. Music? Fusion world music: music with multiple styles, languages and melodies in one song. Movement? Movements with your head, face and neck, play with looking in and out, stick your tongue out and make faces. Ritual? Associated element is light. Put down personal items that give you wisdom, photos or jewelry from loved ones or parents, a story you learned from. These items give your life some light.

7th Chakra - crown chakra - purple

Why? To experience oneness, with the world, with animals, with people, the universe, everything. Music? Spiritual music, mantras, overtones, singing bowls, meditation music, healing songs. Movement? Become aware of the circle around your body - and around everything. You feel the energy going up and down through your vertebrae and that all chakras work together. Combine all chakra movements. Ritual? The corresponding element is the community, the whole. You can use mindfulness for this, and if you are with others, form a circle or initiate a group hug.