

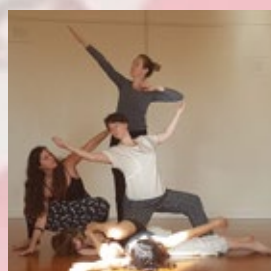


# Mangala Method Teacher Training Course – 2020

A workshop series for teachers, dancers, child-care professionals, movement therapists - using dance, music and art to enhance and enrich your personal and professional life.

The sessions will take the form of participatory workshops, each one will include a movement/dance experience

Each session will run from 9.30am to 4.30pm on each day.



## STEP 1

### Springboard Session

**Saturday 28th & Sunday 29th March (beginning of Victorian Term 1 Holidays)**  
**Venue: 73 Grattan St., Carlton. Green Monday Studios**

Attendance at this session is a pre- requisite for all other modules

Among other things we will look at the Yoga connection. Especially considering the elemental movement model of earth, air, fire water and space as they pertain to movement of the body, emotions and spirit and their relationship to human creativity encompassing all ages.

Appropriate music, props and space arrangements to enhance the dance experience feature in every session.

## STEP 2

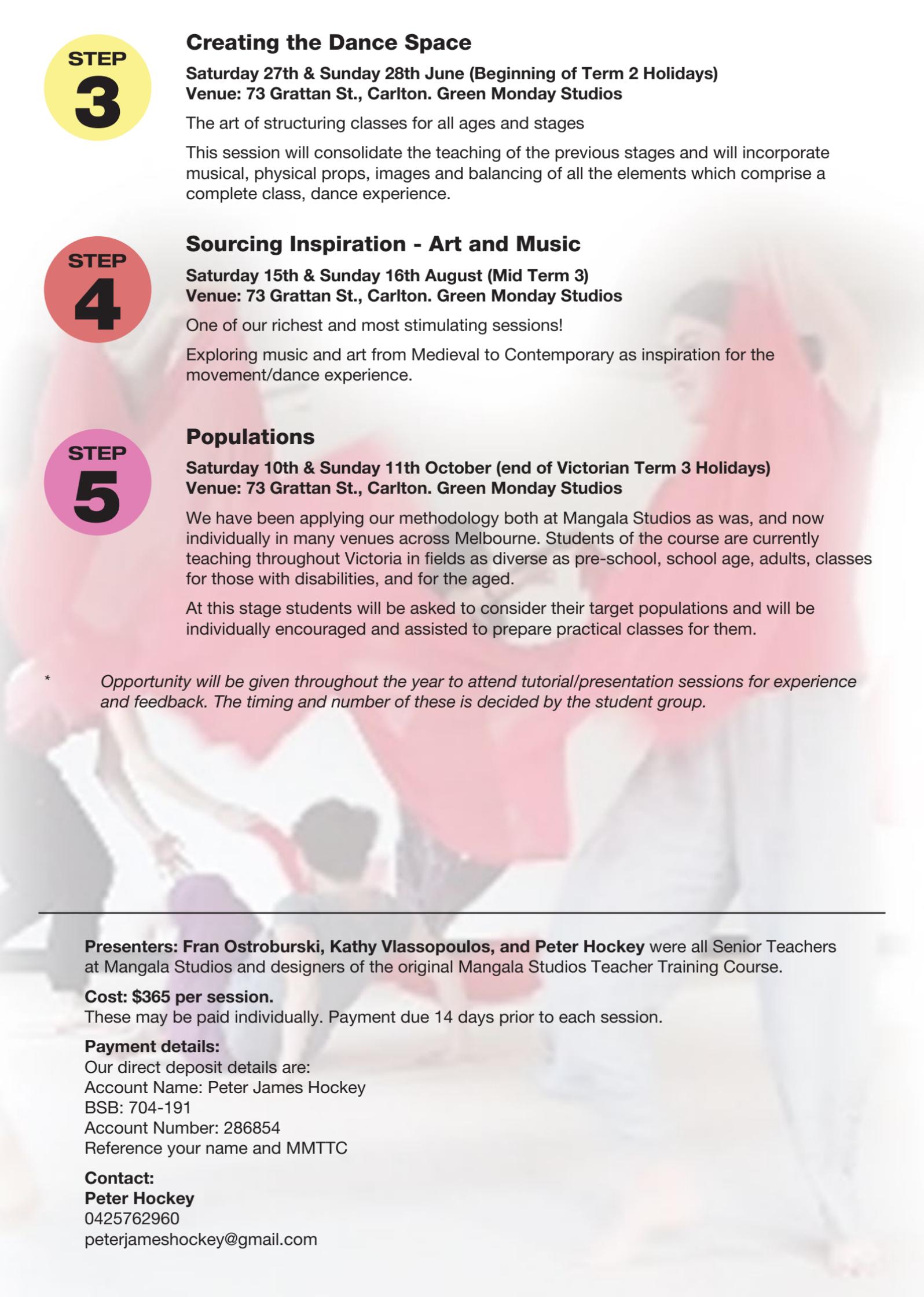
### Doorways to Creativity

**2nd & Sunday 3rd May (Mid Term 2)**  
**Venue: 73 Grattan St., Carlton. Green Monday Studios**

Looks at the use of physical props, visual art, imagination, and music to stimulate movement/dance.

Linking with Step 1 the Elements – earth, fire, water, air and ether will be addressed.

NB. Attendance at STEP 1 is a prerequisite for this session.



**STEP**  
**3**

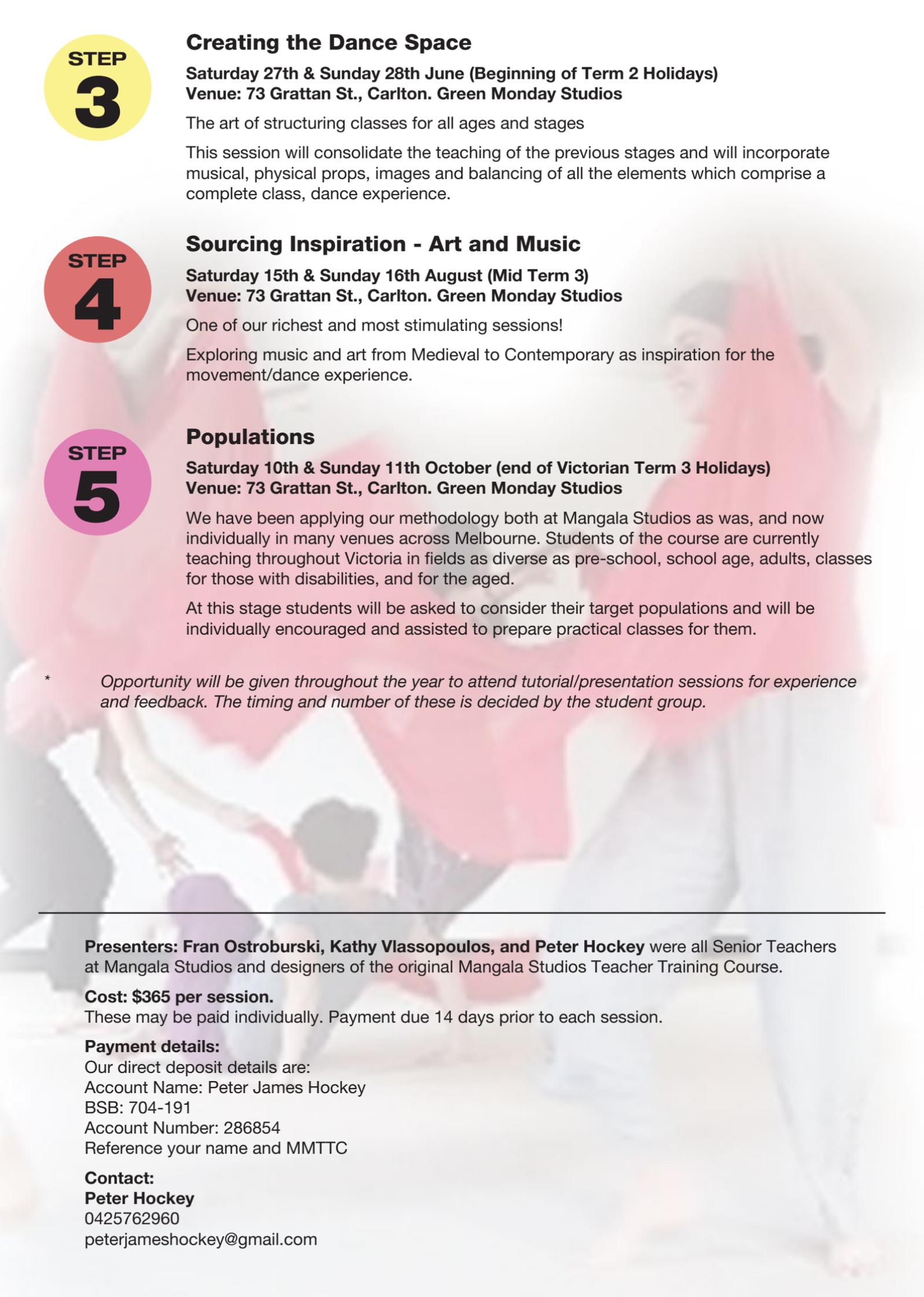
## Creating the Dance Space

**Saturday 27th & Sunday 28th June (Beginning of Term 2 Holidays)**

**Venue: 73 Grattan St., Carlton. Green Monday Studios**

The art of structuring classes for all ages and stages

This session will consolidate the teaching of the previous stages and will incorporate musical, physical props, images and balancing of all the elements which comprise a complete class, dance experience.



**STEP**  
**4**

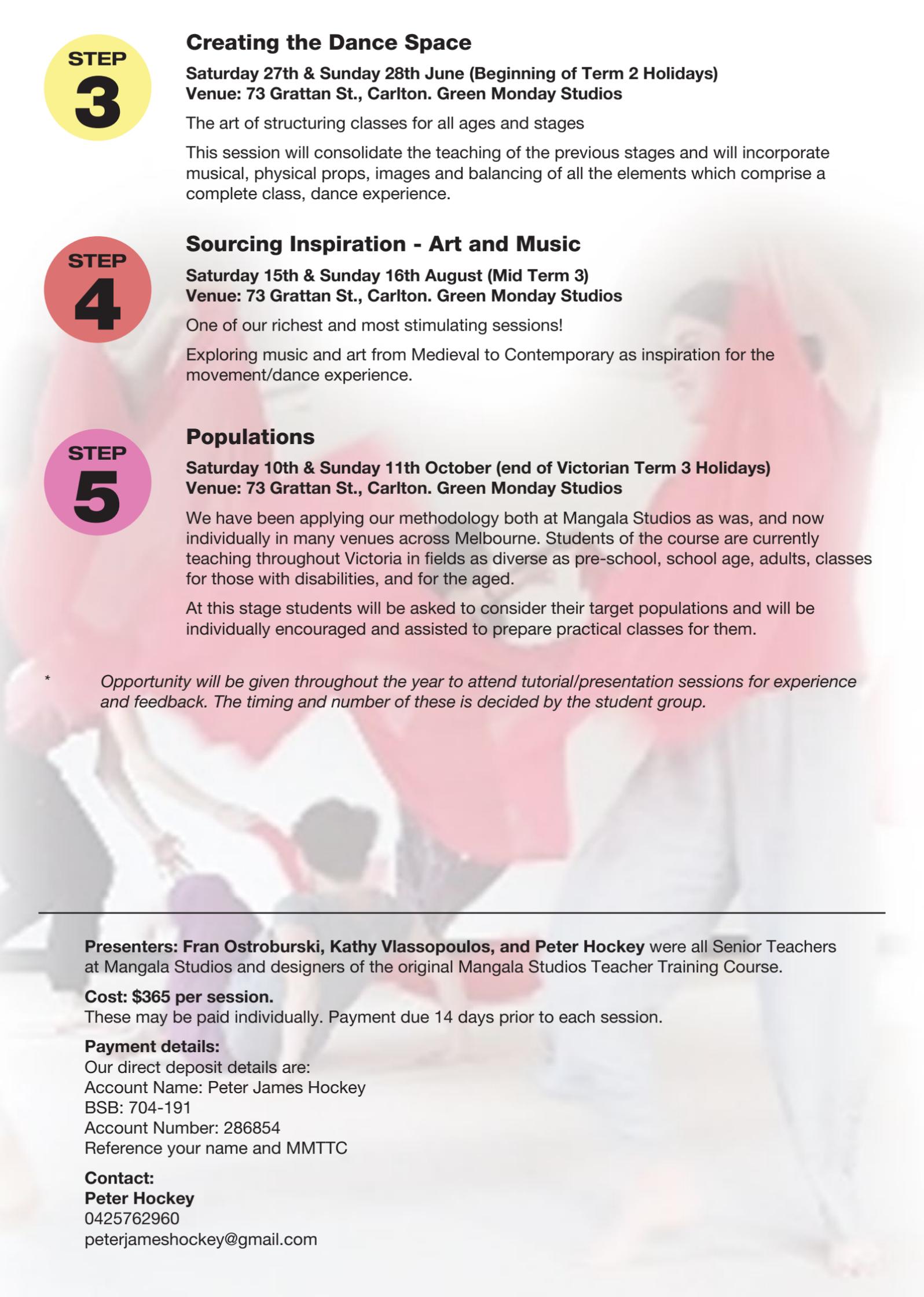
## Sourcing Inspiration - Art and Music

**Saturday 15th & Sunday 16th August (Mid Term 3)**

**Venue: 73 Grattan St., Carlton. Green Monday Studios**

One of our richest and most stimulating sessions!

Exploring music and art from Medieval to Contemporary as inspiration for the movement/dance experience.



**STEP**  
**5**

## Populations

**Saturday 10th & Sunday 11th October (end of Victorian Term 3 Holidays)**

**Venue: 73 Grattan St., Carlton. Green Monday Studios**

We have been applying our methodology both at Mangala Studios as was, and now individually in many venues across Melbourne. Students of the course are currently teaching throughout Victoria in fields as diverse as pre-school, school age, adults, classes for those with disabilities, and for the aged.

At this stage students will be asked to consider their target populations and will be individually encouraged and assisted to prepare practical classes for them.

\* *Opportunity will be given throughout the year to attend tutorial/presentation sessions for experience and feedback. The timing and number of these is decided by the student group.*

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**Presenters: Fran Ostroburski, Kathy Vlassopoulos, and Peter Hockey** were all Senior Teachers at Mangala Studios and designers of the original Mangala Studios Teacher Training Course.

**Cost: \$365 per session.**

These may be paid individually. Payment due 14 days prior to each session.

**Payment details:**

Our direct deposit details are:

Account Name: Peter James Hockey

BSB: 704-191

Account Number: 286854

Reference your name and MMTTC

**Contact:**

**Peter Hockey**

0425762960

peterjameshockey@gmail.com