



CoreConnexion Transformational Arts®

**the art
of
moving presence**

Seed Circle Training 2024 - 25
Level 1: Creative Embodiment

Facilitator Training 2025 - 26
Level 2: Creative & Embodied Leadership

1 Year Self-Experiential Foundations Program
& 2 Year Facilitator Training in a Hybrid Format (in person and online)

Core Connexion Master Training 2024 - 2026
for Core Connexion Level 2 Graduates

with
Founder Eva Vigran, MA Psych & Senior Faculty Nadia Van Doren
In person in Berkeley CA, USA and Calgary AB, Canada

This training is for individuals who wish to experience the Core Connexion principles, resources and tools in depth and who want to incorporate them into their personal and professional lives. Graduates utilize this practice in the areas of education, therapy, health, communication, the arts, their personal circle and community.

The Practice

Core Connexion is a movement based somatic and expressive art practice focusing on embodiment, presence, expression and creativity at any age.

It is an interdisciplinary approach drawing from a wide range of different techniques and traditions, supporting participants of all ages to develop their individual resources and creative potential for a life long learning path. The tools originate from the somatic, expressive, and movement arts, as well as psychology, brain science and wisdom traditions.

In Core Connexion we dance from a place of presence, compassion and creativity - a place of deep connection and resourcefulness. We practice in community which supports individual uniqueness and co-creation at the same time.

As movers and dancers we are experts in change. Each dance changes the dancer physically, mentally, emotionally and energetically. As artists and somatic practitioners, the body is our instrument, our vehicle, our compass and teacher.

The body is a wonderful anchor for our conscious awareness and a storehouse of gifts, talents and deep wisdom. Movement is not something that we do, but something that we are.

Putting body, awareness and movement together takes us beyond the limits of linear thought and spoken word, into the non-verbal space of sensations, emotions and moving aliveness where we can tap into our organic resources, body intelligence and natural self-healing forces.

Core Connexion invites us to be connected to our most authentic sense of self through a holistic way of working. The practice speaks to all aspects of our intelligence.

Practicing with a community of Core Connexion practitioners and in addition to that, a few minutes a day of focused individual practice, has positive effects on our happiness, well-being, aliveness and creativity. Integrating these powerful principles into our daily lives brings more clarity, compassion and connection to our relationships and community.

Learn in-depth practices to work effectively with body, awareness, movement and emotions to foster physical, emotional, mental and spiritual healing and well-being for yourself and your community.

When you join Eva Vigran and faculty in level 1 and 2, you will benefit by learning the following principles:

- 1. Presence: Anchoring in the now** through the powerful techniques of the 8 Core Connexion keys.
- 2. Embodiment: Using somatic Core Connexion activities to foster connection to one's body and the connection of body and brain. The goal is to achieve full body integration.** Our experiential anatomy combines theory and playful creative exploration for deeper understanding.

3. **Aliveness:** Development of movement repertoire, understanding of the fundamental principles of dance in studio and in life through powerful **Core Connexion scores**.
4. **Dance from the Center:** Growing resilience, strength, power and purpose through the **Core Connexion Centering practice**
5. **Wholeness and wellbeing:** You are already whole. Embracing the whole self and life, experiencing the different aspects of our human intelligence and their interconnection.
6. **Creativity is your birthright: Remember and create possibilities** by yourself and together with others as a resource and healing force. Somatic and movement based expressive arts rituals in studio, online or in nature, will support you to transform blocks and obstacles into creativity and vitality.
7. **Dance Life from your Core:** Connect your personal life and the Core Connexion Arts as a way of life-long learning, integration and healing.
8. **The power of a Conscious Community:** Experience yourself in relationship to yourself and others. Experience the the power of conscious and creative relationships. Experience the **interdependence** and interconnection of all life.
9. **Become a Change Maker:** Develop and integrate the Core Connexion Arts as a model for change. May this practice serve ourselves, our loved ones and all beings.

The Training

Seed Circle Training: Level 1 - Foundations: Inhabiting the Body

The first year of self experiential learning is designed for those who want to dive more deeply into the Core Connexion process and who want to integrate Core Connexion into their personal and professional lives, and those who want to start training to become a Core Connexion facilitator in level 2.

In this Foundations Training you will embark on the path of the “Core Connexion dancer”, building your resources of embodiment and creativity following the 8 Core Connexion Keys, which were developed over the last 30 years by Eva Vigran.

We will explore the basic patterns of total body connectivity. You will learn two fundamental movement series that you can practice daily, supporting the connection of all parts of the body, as well as the connection of the different aspects of our intelligence: body, mind, heart, spirit, social and ecological. We will focus on growing a deeper connection to your body and a larger repertoire of moving, feeling and thinking.

In each session we will focus on a different pathway of connection within the body, building on the one before. The goal is full body connectivity.

Over time you build an alive and connected body-map where you can remember the wholeness of your being, access the different aspects of your intelligence, and the interdependence and connection with all life.

At the end of level 1 you have a basic understanding of the Core Connexion principles and are able to share basic Core Connexion exercises with your community and family.

80 contact hours

Online: 40 hours

1. 7 online meetings with Eva Vigran once a month on the weekend, 22 hours
2. Dance and Centering training: at least 10 sessions in a year, 15 hours. (If you participated in the centering immersion spring 2024, please keep going with our regular practice meetings.)
3. One online workshop with the general public. 3 hours

All online sessions will be recorded and are available for your reference.

Participants in California have the option to join Eva at her home studio for some of the ONLINE dates.

In person: 40 hours

For participants in Canada:

2 days with Nadia VanDoren in the Fall 2024

4.2 days with Eva Vigran & Nadia VanDoren in the spring of 2025 (2.2 days are part of a general workshop in Calgary)

For participants in California:

1. Participation in all Saturday workshops in Berkeley: 5 sessions, once a month
2. Participation in the one - day retreat in Green Gulch April 2025
3. 2 days with Eva in Winter/Spring of 2025

Participants in California can of course come to Calgary for the spring workshop.

Additional assignments:

*regular CC practice with Nadia Van Doren, Barb Reid, Eva Vigran or Deborah Parker if possible. Contact Eva for other approved possibilities. At least 10 sessions in a year. Cost not included here.

*Reading of assigned books

*Regular meetings, in person or online with a training partner or peer group to practice

*"Home play" and writing of reflective papers.

Prerequisites for entering the training at level 1:

- 1) 20 Core Connexion hours with Eva Vigran or Nadia Van Doren
- 2) Application + Questionnaire

Location for the in person participation:

For students in Canada: Cochrane or Calgary, AB

For students in California: Berkeley, Green Gulch (Muir Beach) and Fairfax CA

Level 2 - Embodied and Authentic leadership **Bringing Core Connexion into everyday life and the community**

120 contact hours

Hybrid: in Studio and online

Level 2 builds on level 1 and is designed for those people who

- a) want to facilitate Core Connexion sessions and classes;
- b) want to integrate Core Connexion into their professional lives and build their competence and confidence when working with people;
- c) want to deepen their practice in Core Connexion for their personal practice
- d) want to bring their authentic self to their lives and careers
- e) want to integrate their own learning into their work of holding space for the healing process
- f) want to bring more aliveness, openness and learning into all parts of their communities

Course Curriculum

In Level 2 we focus on enhancing and deepening the knowledge and practice of level 1.

We build professional leadership and competency in Core Connexion: Didactics, observation, techniques, instruction, theoretical background, application of the Core Connexion principles and keys as a facilitator.

In addition to that we explore

- * the behavioral and bodily patterning caused by society, religion and culture
- * peer teaching and peer meetings where participants practice the principles and community service
- * a deepening practice of the CCKeys: each month we will dedicate to the practice of one of the keys
- * the effects of different kinds of movement, touch, music on body and psyche
- * Core Connexion practice in nature.
- * the personal, individual application of Core Connexion in personal and professional life
- * Core Connexion and trauma
- * the development of one's individual teaching style in Core Connexion.

86 hours in Studio

2 days

For participants in Canada: with Nadia Van Doren 12 hours, Fall 2025,

For participants in California: 12 hours with Eva Vigran in Berkeley/Marin

For all participants: 4 days in the spring in Berkeley, California 24 hours, in studio and nature at the beach or Redwood Forest (accommodation not included)

For participants in Canada: 5.2 days with Eva Vigran and Nadia in late spring of 2026, 34 hours

For participants in California: TBA

Additional assignment: Classes/Workshops with Nadia Van Doren, Barb Reid, Eva Vigran or Deborah Parker at least 10 hours, together with the general public. Cost not included here.

"Homeplay" and writing of reflective papers. Meeting with peer partners. Reading of assigned books

34 hours online

7 online meetings with Eva Vigran (21 hours) once a month

1 online workshop with the general public (3 hours)

7 online sessions "Centering and Presencing" with the general public. (10 hours)

All sessions will be recorded and are available for your reference or in case you miss one.

Graduation Requirements for becoming *Facilitator of CCTA* (Core Connexion Transformational Arts):

- 1)** Complete required reading and writing assignments (reflective papers after each module). Some of the required reading material is provided, some needs to be purchased.
- 2)** Complete personal practice requirements: attend Core Connexion classes regularly if possible (if those are not available in your area, alternatives can be discussed), peer meetings, facilitating communal classes/events.
- 3)** Attend 90% of the classes of all the modules.
- 4)** Trainees have to acquaint themselves with a music computer program like i-tunes

After successful completion the trainee has met the certification requirements and has earned the right to use the title “Core Connexion Facilitator” and use the name “Core Connexion Transformational Arts®”.

Level 1 & 2 teaches the basics of Core Connexion and qualifies graduates to facilitate Core Connexion on the basic level. After successful completion of level 1 and 2 Core Connexion Graduates can take **Level 3** as supervision and continuing education for their work with Core Connexion in the world. Level 3 is not included in the fee for level 1 & 2. We recommend you take Level 3 if you want to teach Core Connexion on a regular basis.

To keep the official title of Core Connexion Facilitator each CC Graduate has to take a Core Connexion Workshop with either Eva Vigran or Faculty, in order to stay on top of the latest developments in the field.

Required Reading for Level 1:

Core Connexion Manual - included
Core Connexion Reader - included
Two books to be purchased separately.

For Level 2

Core Connexion Manual of Level 2
Three books to be purchased separately.

Location:

Canada: Calgary (or Cochrane,) AB, Canada & Berkeley, Marin County, CA, USA & online
California: Berkeley & Green Gulch (Muir Beach), Fairfax, CA, USA & online
Additional fees for housing and transportation can apply.

Prices for Level 1 & 2 Training:

Application deposit \$250 non refundable to be registered by August 9th

Level 1 tuition, payable until :

Basic tuition: CD\$ 2,080 or US\$ 1,600,
Benefactor rate: CD \$ 2,300 or US\$ 1,760

Level 2 tuition:

Basic: CD\$ 3,120 or US\$ 2,400
Benefactor rate: CD\$ 3,450 or US\$ 2,640
Payment plans available.

DATES:

For Canada & California:
Level 1. October 2024

Faculty: Eva Vigran & Nadia Van Doren

Eva Vigran, MA Psych, is the founder and creative director of Core Connexion. A native of Germany, she has taught movement and expressive Arts since 1994 throughout Europe, Canada and the US. She holds a M.A. in Somatic Psychology from the California Institute of Integral Studies, San Francisco. Eva's Background in a wide variety of somatic and movement disciplines, as well as Theater, somatic and trauma psychology, biology, the contemplative and visual arts - contribute to her work at Core Connexion. She brings to her teaching and individual sessions a thorough and grounded knowledge of the physical self and the psyche, with a passion for movement, joy and truth as expressed through the body. Published booklet: "Alive in the Now" in 2007.

Nadia Van Doren is a certified facilitator and senior faculty member of Core Connexion Transformational Arts in Calgary, Canada. She has been teaching in Calgary and facilitating and assisting at international Core Connexion retreats and trainings since 2010. She has been dancing since she could stand on two feet and shares her love of dance and all the value it has brought to her life with others. Nadia believes dance is for every-body and is a way to inspire awareness of who we are in the world. She is honored to invite you to join her in authentic dance and to explore your body's innate guidance, wisdom, and truth.

Additional faculty for assignments: Deborah Parker and Barb Reid info:

<https://coreconnexion.de/en/teachers-2/>

Connect with us for more info or request an application and questionnaire.

eva@coreconnexion.com

More info: www.coreconnexion.com

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Level 3: Master: Continuing education:

Mentoring, Supervision, Authentic, Deepening of the Practice and advanced level of Embodied Leadership

Required for all CC-Graduates who would like to apply to be a CC-Faculty member and assist and co-teach in CC-Trainings.

Prerequisite: successful completion of level 1 & 2

For more info please contact me.

In level 3 graduates are asked to act as **mentors to trainees** and also to re-experience Core Connexion on a Meta-level through the eyes of a facilitator throughout a level 1 and 2 program and to keep up to date with the evolution of Core Connexion practices and method. You can take level 3 during the next level 1&2 training.

Curriculum level 3:

- * Movement observation
- * Deeper levels of the keys.
- * Resourcing, tracking of energy and healing through the body
- * Therapeutic intervention
- * Core Connexion and Trauma
- * Core Connexion in different settings
- * Deepening of embodied and authentic leadership skills
- * Online Supervision and discussion of classes, sessions and therapeutic interventions

For more info on level 3 please contact Nadia.

Price for level 3 is half of level 1 and/or level 2

Faculty: Eva Vigran + Nadia Van Doren

Faculty for peer days + peer weekend: Nadia Van Doren and Team