



## Cristiano do Couto Martins

BIODANZA FACILITATOR

Cristiano do Couto Martins, lively life searcher, honored receiver of mysteries, creative and glowing adventurer in love with people, tides and trees. Sprouted in the fertile Freiburg im Braisgau (Germany) in the end of March 1979, roots extended in the northern soil of Portugal in the following years, and flourishing in Lisbon since 2007.



# BIODANZA

## Curricular Information

### 2004

- Degree in Clinical Psychopedagogy from the Universidade Lusófona - Porto.

### 2005

- Currency in training course (year zero) in Gestalt therapy by GUIBOR - office of integrative psychology - Santiago de Compostela.

## Formations in Biodanza Extensions and Applications

- Children & Teens (Lisbon, 2014) with Alejandro Balbi Toro
- 4Elementos (Lisbon, 2015) with António Sarpe
- Male and Female Profound Modulo I and II (Lisbon, 2016 and 2017) with Antonio Sarpe and Helene Levi
- "Biodanza Aquática" (Granada, 2017 and 2018) with Fernanda Morixe, Viviana Canalis and Marcelo Toro
- "Projeto Minotauro" (Lisbon, 2018) with Antonio Sarpe, Daniell Tavares and Heléne Levi
- Didata course in the 2013/2014 cycle (France)

## LaborArte realized in Schools of Biodanza:

### 2015

- Social action, Berlin - Outubro

### 2016

- Contact & Caress, Berlin - April
- Transcendence, Lisbon - October (with Geane Bonfim)
- Transcendence, Porto - October (with Geane Bonfim)
- Transcendence, Berlin - October
- Sexuality, Berlin - December (with Sammo Lusa)

### 2017

- Psychological Aspects, Berlin - March
- Trance and Regression, Berlin - June (with Sammo Lusa)
- Human Movement, Berlin - August
- Mythological Aspects, Berlin - September



## 2018

- Vivência, Berlin - March
- Sexuality, Nantes - April
- Affectivity, Berlin - May
- Contact and Caress, Berlin - July
- Theoretical Model, Berlin - October

## Since 2009

- (2009 to 2018) Facilitator of the Regular Integration Group since 2009
- (2010 to 2012) Construction of Pedagogical Materials for Lisbon School-Class II
- (2012 to 2018) Facilitator of the Deepening Group since 2012
- (2014 to 2018) With Didata functions in the monitorization of students
- (2016 to 2018) Gardener at the Lisbon School in class VI

## Author Workshops

### National

- "Roots on Earth Roots in Heaven" (2013, Lisbon)
- "Chaos, Creativity and the Return of the Sacred"\*(2013, Lisbon)
- "Under the Sign of Affection" (2014, Azores)
- "Human Shadow Divine Light" (2014, Lisbon)
- "The Birth of the Cosmic Man" (2015, Lisbon/Azores)
- "Touch" with MarieClaire Martinez (2016, Lisbon)
- "Gaya's Veneration" (2016, Dornes)
- "Gods of Creation" with Helder Fakker (2018, Madeira)

### Cycle of Deepening Workshops:

- **"Primordial Rescue"**  
 "Sacred Warrior (2014/ 2015, Lisbon)  
 "Ecstatic Lover" with Jade Wapener (2015, Lisbon)  
 "Magician" (2015, Sintra)  
 "King/Queen" (2015, Sintra)  
 "Rescue of the Primordial" - synthesis of the Previous 4 workshops - with MarieClaire Martinez (2016, Sintra; Porto; Montreal)
- **"Journey to the Center of Being"**  
 in association with Alvaro Ferreira & Vasco Fretes, and in collaboration with the invited, special Didatas MarieClaire Martinez, Marta Gonzalez and Monica Turco (2017/2018, Lisbon)  
 "To Live", Álvaro and Vasco (2017)  
 "Touch", Cristiano and Álvaro (2017)  
 "Love", Marta and Vasco (2017)  
 "To Care", Avaro and Vasco (2017)  
 "Create", Cristiano and Vasco (2017)  
 "Being", Cristiano and MarieClaire (2018)  
 "Hero of a thousand faces"\*\*\*\*, Cristiano and Álvaro (2018)  
 "Alchemist", Vasco and Cristiano (2018)  
 "In the Heart of the Drum", Álvaro and Monica (2018)
- **Deepening Project**  
 with António Sarpe, José Neves and Irene Franco  
 "Identity", with Irene Franco (2014, Lisbon)  
 "Affectivity", with José Neves (2014, Lisbon)  
 "Eros" - production and co-creation (2015, Lisbon)





### International

- "Rescue of the Primordial", with MarieClaire Martinez (2016, Montreal - Canada)
- "Joy of Creation", with Julia Maaru (2018, Den Haag - Holand)
- "Veneration to Gaia", (2018, Tartu - Slovenia)
- "Rescue of the Primordial", with Sofia Carrizo (2018, Seville - Spain)



### Identity and Gender Workshops

Workshop cycle:

- **"Awakening of the Sacred Male"** with Vasco Fretes (2016, Lisbon)  
 "What It Is to Be Man Nowadays?"  
 "Identity and Parental Figures"  
 "Identity and Sexuality"  
 "Eternal Return"



### International

- "Rescue of the Deep Male and Female"
- "Identity and Gender", with Marie Claire Martinez (March, 2017, Montrea l- Canada)
- "Identity and integration of Yin/Yang", with Marie Claire Martinez (November, 2017, Montreal - Canada)
- "Identity and Gender", with Yvonne Klopes (April, 2017, Amsterdam - Holand)
- "Identity and Gender", Toulouse (June, 2017) with Jeya Juillard (2017, Toulouse - France)
- "Identity and the Greek Gods", with MarieClaire Martinez (2018, Montreal- Canada)
- "Identity and the Greek Gods", with Jeya Juillard (2018, KerKira - Greece)
- "Identity, Sexuality and the 4 Elements", with MarieClaire Martinez (2018, Montreal- Canada)



### Presence in Institutions

- Institute of Applied Psychology (ISPA) inserted in the postgraduate "therapies by the expressive arts" (2014, 2015 and 2016)
- University School of Education Almeida Garrett, with Fernanda Pinto (Lisbon, 2010)
- Lusófona University of Lisbon (inserted in the undergraduate students course in cinema) (2014)
- Lusófona University of Lisbon Project Kinoeyes (young filmmakers from around the world ) (2015)
- Idanha Psychiatric Hospital (group of patients with mental disabilities) (2015)
- Julio de Matos Hospital (therapists of the Center of the Taipas) (Lisbon, 2010)
- Lecture at the 4th European Meeting of Biosynthesis Therapists (2016, Lisbon)
- Lecture in the 20th Encounter "Teléfono de la Esperanza" (Badajoz, Spain, 2012)
- Torres Vedras School (2012)
- Lecture in Calouste Gulbenkian Foundation, with Irene Franco (Lisbon, 2013)
- Cicle of lectures in High School Rainha D. Amélia (2014, Lisbon)



## Biodanza Congresses / Festivals

- World Congress of Biodanza: "Life as a Cosmic Experience", with Hagit Zioni and Geane Bonfim (2014, Lisbon - Portugal); "Being Wild", with MarieClaire Martine (2016, Eindhoven - Holand)
- Festival Mitteldeutsches Biodanzafest: "Ecstatic Lover" (2015, Leipzig - German)
- Festival Viena: "Austrian Biodanza Convival" (2016)
- Australian Biodanza Convival: "Surrender to love" (2016, Vienna - Austria)
- Spanish Meeting of Biodanza: "Art of Transformation", with Sammo Lusa and Sofia Arrizo (2017, Seville - Spain)



## Presence in Other Festivals

- Sound and Silence: "Move" (2017, Corfu, Grécia)
- Andanças (2010;12;13;15;16;17, several locations)
- Boom Festival 2010, with Irene Franco (2012); with Irene Franco and José Neves (2014, Idanha a Nova)
- Festival Be in (2015, Idanha a Nova)
- Festival Being In (former Be in) (2017, Idanha a Nova)
- Green Day 2013;15 (Lisbon)
- Zimp 2012, 2013, 2017 (Zambujeira do Mar)
- Feva (2013, Loures)
- Alternative Fair of Lisbon (2012)
- Earth Festival, Xana Condeço (2012,2013) 2013 (Lisbon)
- Lindanças (2013, Linda-a-Velha)
- Festival Zen with Sofia Bouçadas (2011;12;2013, Alentejo - Lisbon)
- Festival Zen Azeitão (2011, 2012, Setúbal)
- Festival Alfacinha Green Movement (2012;15) (Lisbon)
- Happy Life Festival (2016, Lisbon)
- Luso Festival (2014-2015, Coimbra)
- Retiro "Eternal Return" (2015, Guarda)
- Festival "We are made of Stars" (2015, Azores)
- Festival "Exchange with your heart" (2016, Azores)
- Green Festival (2010, 2011,2013, Lisbon)
- Ecstatic Dance (2013; 2015; 2016,2017, Lisbon)
- Participation "Retreat Eternal Now" () (2015, Guarda)
- Participation Gathering "Create Another Life" (Setúbal, 2011)
- Festival of Being (2015, Leiria)
- Fórum Live Woman, with Ana Carina Romão (2015)
- Ajudada, Andanças (2017, Parede)
- Internacional Macrobiotic Course (2012/13/14/15/16/17, Lisbon)
- Project Volunteering "Transformers" (2014, Ericeira)
- Festival "Awake" (2017, Algarve)



## Private Business

- Start Up Pirates (2012, 2013, Lisbon)
- Several (anonymous)





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## Ceremonies

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- Marriage Celebration (2016)

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## Nature

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Equinox/Solstice Celebrations (since 2010):

- "Children of the Sun" (2016, Sintra)
- "Gaya's Veneration" (2016, Sintra)
- "Dark Night of the Soul" \*\*\*\*\* (2014, Lisbon)
- "Maternagem a Gaia" (2017, Sintra)
- "Alfaia Luminar" (2017, Sintra)
- "Gaya's Veneration" (retreat in nature) (2016, Dornes)

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## Adults & Children

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- Palácio dos Anjos: "Biodanzar with Art" (2012, Algés)
- Palácio dos Anjos: "Dancing Art History", with Sandra Ramos (Algés)
- Various Thematic Sessions for Parents and Children Lisbon / Alenquer / Azores (since 2012)
- "It was once an Adventure" (2013, Lisbon)
- "Saving the Sun" (2016, Lisbon)

Schools:

- Torres Vedras School (2012)
- Cycle of Lectures to several classes at D. Amélia Secondary School (2014, Lisbon)

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## Others

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- Lecture for elderly population at viva vitae center (2013, Lisbon)

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## Interviews/Media

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- Andanças Journal (2010)
- Happy Woman Magazine (2015)
- Progredir Magazine (2014)  
<http://www.revistaprogridir.com/biodanza.html>

- Interview for Radio Programa Eco sapiens (2013)

## Other Curriculum Information

As Clinical Psychopedagogue:

- Integrating active expressive practices, leadership dynamics, sports and relaxing activities, integrated in the area of the homelessness, drug addiction and prostitution. (from 2002 to 2006, for Porto Municipal Chamber).
- Functions of Facilitation of Human development groups, inserted in the Volunteering International Program "telefono de la esperanza". (2005-2007, Porto).
- Collaboration with Faculty of Psychology of Porto in several research works. (2003 to 2005, Porto).
- Facilitator of Relaxation Groups, Jacobsen method and relaxation centered on the person (open groups and general public) (2004 to 2006, Porto).
- Professor of Dramatic Expression at the Department of Education, Youth, Social and Economic Action, at EB1/J1 School of Viscondessa in Stª Cruz do Bispo -curricular year 2006/2007 to boys from 5 to 6 years.
- Integrated in the field interviewers of the Catholic University of Lisbon, in the international study managed by the World Health Organization (WHO) "Health and Psychological Well-Being" (2008, Lisbon).

- **Trainer integrated in courses of IEPF Sintra**, related to Education, namely Techniques of Educational Action, in the specific modules:

Communication Process, Affective Relationship, Independence Behaviors in the Child, Children's Mental Health, Special Educational Needs (NEE), Pedagogical Intervention in NEE, Sexual Development in NEE, Early Intervention in NEE, Child's Development, Pedagogical Activities, Non Verbal Expression, Body and Dramatic Expression, Free Time Activities, Meals, Material Spaces and Equipment, Child Care in Day Care, Plastic and Musical Expression. (2008-2012, Sintra, Cascais and Lisbon).

