

DVD 1

- 1- Baptism of light
- 2- Rhythmic coordination in two's
- 3- Dance of Brahma
- 4- Sensitive arms dance
- 5- Displacement with Levity Dance
- 6- Expressive dance with levity
- 7- Dance of harmonic extension
- 8- Dance of maximum extension
- 9- Series 1 of fluidity
- 10- Dance of heron
- 11- Dance of hippo
- 12- Dance of Yin-Yang integration
- 13- Rhythmic expressive dance
- 14- Rhythmic dance
- 15- Dance of seed
- 16- Dance of snake
- 17- Dance of tiger
- 18- Dance of Shiva
- 19- Dance of Vishnu
- 20- Yang Dance
- 21- Yin Dance
- 22- Integrative elasticity
- 23- Motor integration of the three centres
- 24- Kinaesthetic integration of the three centres
- 25- Game of the Chinese fan
- 26- Walk with determination
- 27- Walk with majesty
- 28- Walking with affective motivation
- 29- Physiological walk
- 30- Synergic walk
- 31- Segmentary movement of the pelvis
- 32- Segmentary movement of the chest and arms
- 33- Segmentary of the hips
- 34- Segmentary movement of the neck
- 35- Segmentary movement of the shoulders
- 36- Breathing dance
- 37- Synergic jump
- 38- Rhythmic variations

DVD 2

- 1- Accompany the other's growing (previously named "Blossoming")
- 2- Dance of harmonic opposition
- 3- Dance of harmonic opposition 2
- 4- Dance with minimum contact
- 5- Dance of friendship
- 6- Dance of the seed in two's
- 7- Dance of transport heart to heart
- 8- Giving and receiving containment in two's
- 9- To give and receive a flower
- 10- Segmentary movement of chest and arms, in two's
- 11- Segmentary movement of the shoulders in two's
- 12- Segmentary movement of the pelvis in two's
- 13- Segmentary movement of the neck in two's
- 14- Affective protection by caressing the chest and the arms
- 15- Regression to the state of infant-hood through caresses of the face
- 16- Abdominal breathing
- 17- Melodic synchronicity in two's
- 18- Melodic synchronicity in two's
- 19- Silent syntony in two's.

DVD 3

- 1- Connection to one's own strength
- 2- Dance of fire
- 3- Dance of fluidity with images
- 4- Dance of fluidity in two's
- 5- Dance of fluidity - Series 2
- 6- Dance of fluidity - Series 3
- 7- Dance of air
- 8- Dance of water
- 9- Dance of creation
- 10- Dance of earth
- 11- Dance of earth and air
- 12- Free dance of fluidity
- 13- Rhythmic dance with central movements
- 14- Rhythmic dance with peripheral movements
- 15- Eutony in groups of three
- 16- Eutony of the hands
- 17- Eutony of the feet
- 18- Eutony of the whole body
- 19- Interpretation of the melody (or Expressive melodic dance")
- 20- Interpretation of the melody (or Expressive melodic dance")
- 21- Freeing of the movement
- 22- Deepening of the musical vivencia ("be the medium of music")

DVD 4 - The Generative Positions

The Generative Positions are organized by Codes according to the level of vivencial integration they require. There are three codes. The DVD is organized according to the Codes, and such as they appear in the Official Catalog of the Exercises of Biodanza - 2009 Updating (IBF – Methodological Council)

1-1 Connection to the infinite

1-2 Intimacy

1-3 Valour

1-4 Protecting life

1-5 To give- To give onself

1-6 To receive

1-7 To ask

1-8 Work

2-9 Floating in the amnotic fluid

2-10 Connection to the Primordial

2-11 Self donation

2-12 Expansion (Starman)

2-13 Timelessness

2-14 Determination

2-15 Encuentro Toward the encounter with the brother

3-16 Receiving the grace

3-17 Ascension

3-18 Evocation and liberation of inner energy

3-19 Magnetism

3-20 Sky-Earth Connection

3-21 Inspiration

3-22 Illumination

BONUS.