

7-ENERGY DANCE® Facilitator Training



A transformational method through intuitive movement within the energy centers

Move. Feel. Transform.

165 hours of hybrid training

Online – in-person – immersive retreat

This training allows you to experience the practice of dancing the energy centers (or chakras) in a deep and personal way from home, while receiving the teaching and tools necessary to create and facilitate workshops on the same theme.

Your training journey

This training program takes place over a period of 10 months, from October to July. For each chakra, it includes on average 2 hours per week of individual home exploration over 3 weeks, followed by a monthly online meeting to review each chakra, plus 2 in-person weekends and participation in a one-week residential summer retreat.

The learning process is mainly based on practical training focused on the experience of dance and class facilitation, complemented by theoretical teachings supported by readings, personal reflections and exercises. The material required for your training will be provided at the beginning of the program. You will also be asked to complete written documents and drawings that you will send to your trainer by email after exploring each chakra and before your monthly online meetings.

Areas of learning

Practice and theory of dancing the chakras

You will be able to experience the practice of dancing each energy center through guided audio tracks and practical work documents provided at the beginning of the training.

This will allow you to deeply and individually explore the 7 chakras and develop a theoretical understanding of the chakra system, while helping you better understand your own chakra system and identify possible imbalances.

Understanding the chakra system

You will receive readings on the fundamental theories of Carl Gustav Jung's psychology and discover the connections between the Jungian map and the chakra system.

You will also be asked to obtain the book "Wheels of Life" by Anodea Judith, which will accompany your exploration of each chakra and deepen your understanding of their interaction in everyday life.

Facilitating 7-Energy Dance® workshops

The structure of 7-Energy Dance® workshops will be presented to you in detail, from preparing the space and personal grounding to demonstration and conclusion.

You will have the opportunity to put this into practice during the in-person weekends and will therefore be trained in the skills required to facilitate groups and understand the principles and codes of conduct underlying this practice.

These principles help create a caring and respectful environment where participants feel safe expressing themselves through words and movement.

Creating your own dance processes

Rather than teaching only pre-established dance sequences, this training also aims to help you truly embody 7-Energy Dance® by supporting you in creating your own movement processes, in alignment with the foundations of dance therapy regarding structure and facilitation.

You will notably be invited to create and facilitate your own dance journeys during the summer retreat.

Additional chakra-based training modules

At the end of this first training, you will have the opportunity to continue with additional training modules allowing you to facilitate group sessions in person and/or individual online sessions for a “manifestation” journey from crown to root chakra.

This support process helps each person clarify and manifest their “Life Purpose” through a unique psycho-corporal approach combining dance, writing and drawing.



Your Investment

The cost of this training is €1690 (Early Bird rate of €1490 for all registrations before 31/08). Payment can be made monthly by bank transfer in 10 instalments. A 10% deposit is required to confirm your registration.

Summary of the steps

1. Initial interview with your trainer
2. Registration closes end of September 2026
3. Complete the home practice program and attend the monthly online meetings
4. Participate in the 2 in-person training weekends in Lyon (16-17 January and 15-17 May 2027) and the summer retreat week in France (29 July-5 August)*
5. Facilitate an existing movement process during an in-person weekend and create your own dance process for the summer retreat

** The 2 in-person training weekends and summer residential retreat can take place in your own country provided that you enroll a minimum of 10 participants for this training in your country. In this case you also get 10% commission on all training fees.*

Véronique THOMANN (Tara Mouna) has practiced and taught African dance for more than 20 years, alongside a personal quest for a practice integrating the intelligence of body, heart and mind.



She discovered and trained in Chakradance™ in Australia in 2010 with its founder Natalie Southgate and, upon returning to France in 2011, became certified to facilitate Chakradance™ workshops and trainings.

She progressively enriched her teaching through dance therapy training in Paris (ARTEC Paris 2013, Expression Sensitive 2015-2017), Sonic Medicine (2024) and Yin Yoga (2025), and developed her own 7-Energy Dance® training from 2023 onward.

She also complements her movement-based work through Tantradance workshops, Full Moon Dances, a Chakras Festival and desert retreats.

Her intention is to support each person in developing their full potential through intuitive dance and deep body listening.

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