



KHAITA
DANCE
SCHOOL

Khaita Joyful Dances – Dance School

Educational Program to train new Khaita Experts and Teachers

Objectives

The general objective of the program is to contribute to the development and spread of activities relating to Khaita, through the qualification of people

The Areas of Study Cover 3 Main Sectors

Learning: developing the expertise to learn to dance, organize and take part in dance events and shows; with specific supervision and an examination, it is possible to achieve a teaching qualification.

Awareness: through sound and movement, one enters a path of awareness which promotes wellbeing and evolution of the individual.

Culture: deepening the aspects of worldwide cultural and artistic movement as result of the integration of eastern and western cultures.

Who Can Participate

Anybody who has a basic knowledge of the dances, has taken part in at least one course, and in particular:

- who wishes to deepen the knowledge of the Khaita dances, who wishes to become a teacher, who wishes to organize and/or take part in events
- who is interested in using music and dance as a tool of training awareness and presence
- who works in the social sector to promote wellbeing in various areas (Khaita as a physical activity, education in schools, recreation in structures for the elderly, rehabilitation of those with physical or mental health issues)
- who is interested in folk dance as the artistic expression of a culture and the values transmitted by it.

Description of the Training

The complete training is a 2-year program. Each year there will be 3 courses, each one lasting 1 week or approx. 40 hours, situated in various European countries.

In each course, the 3 sectors of study will be developed (learning, awareness and culture) alternating experience of dancing, periods of study and reading and practical exercises of specific topics. There will also be sections dedicated to specific areas, led by experts and professionals.

It is necessary to attend all of the courses in order to receive the final certificate and, after a specific exam, the teacher's certificate.

The first year's courses will be open also to who does not intend to complete the whole program.

Program

The educational training will take place at the European centers of the International Dzogchen Community.

The first year will be dedicated to building up the expertise of the basics of dances.

The second year will be dedicated to building the expertise to teach Khaita, thinking of and drawing up projects, presenting the dances, including them in performances and events.

Detailed Program of the First Year

1st course

The following aspects will be dealt with:

- Studying the origin of Khaita: meaning, history.
- familiarity with the material (texts, video, training video etc.): how it is organized, how and where to find it, categories of the songs and dances, etc.
- Reading the texts of some of the songs, recognizing some of the recurring words.
- The circle dances: steps, movements, recognizing the similarities and differences between the dances.
- Intro to choreographed dances: connection with the meaning of the texts, how they were created, by whom and on what occasion.
- Application of sound and movement as tools in a path of awareness and presence.
- The dance is not separated from singing. In this week we will discover how these two aspects are harmoniously connected.
- Educational aspects of dance: theoretical and applied pedagogy, ways of teaching children (with expert in Montessori methodology).

2nd course

The previous points will be deepened, and the following subjects will be looked at:

- Dancing harmoniously in a group developing awareness and presence: the meaning of



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the 3 principles of *dem, gyud, drig*.

- Circle dances (kordro)
- Choreographed dances: detailed study of some texts together with the corresponding movements.
- How to simplify some of the dances in order to adapt them to different situations (children, big groups etc.) and how to lead a group.
- Studying some of the sequences and combinations of the dances for demonstrations.

3rd course

During the 3rd course, we will complete the knowledge of:

- How the circle dances (kordro) are subdivided.
- Some choreographed dances, studying the texts and mudras.
- Dance sequences for demonstration.

Open sessions are also planned, where students will try leading beginners in the dances, putting their knowledge into practice.

General Program of the Second year

The following subjects will be looked at:

- The relationship between the collections of the Khaitha songs and Tibetan culture.
- Study and practical experience of the teaching methods of the dances in various situations and contexts. This includes the ability to choose the most appropriate method depending on the time, availability, the students' level of knowledge, their age, cultural background and physical condition.
- How to present Khaitha in various sectors (cultural, informative and awareness approaches) and in various circumstances (schools, universities, cultural centers, festivals etc.).
- How to organize and lead a course: setting, communication, planning and aims.
- Increase communication skills while teaching (with an expert in communication).
- Benefits of dance demonstrated by numerous scientific research projects: prompts for reflection and possibilities for research.
- Creating or taking part in an event: organizational aspects and duties of positions (project manager, public relations, artistic director, technical coordination and audiovisual material, logistic coordination, team sponsorship, dance group, presenter).

Students who wish to become teachers are encouraged to study the Drajjor method for reading and pronouncing Tibetan transliteration correctly.

Schedule of 1st year 2026

1st course: Phendeling (Czech Rep.), March 24-30, 2026

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Appraisal and Certification

The training teachers will be available during the two-year program via an online support set-up to answer questions, provide feedback or suggestions.

At the end of the first year, the students will be invited to organize and lead informal dance groups.

Those who have previously expressed interest in teaching Khaita to children, after passing a supervision and examination, will receive a certificate as Teachers for children.

At the end of the second year, finalizing in this way the educational path, the students will receive a certificate of expertise from the International Atiyoga Foundation and Khaita Dance School.

In order to receive the Teacher's certificate, students will have to undergo supervision and take an exam.

Achievements

Through direct experience, at the completion of the training, students will become aware of the benefits relating to the body, energy and mind which make the Khaita Joyful Dances a complete tool, permitting the individuals to discover their own potentiality and favoring evolution at a personal level. They will also be able to communicate and share these benefits with others.

After the first year, they will be able to lead the dances in an informal way in small groups (e.g. in International Dzogchen Community centers).

At the completion of the 2nd year, they will be able to include Khaita J. Dances in events and performances. Those authorized will be able to teach them in various settings, in sports and recreation centers, dance schools, they will be able to use them in schools in addition to educational programs. In the social sector, they will get tools to implement this method to promote wellbeing and to alleviate discomfort in different situations.

Because of their versatility, characterized by an ample range of rhythms and choreographies, Khaita J. Dances are suited to various contexts, and they lend themselves to a multifaceted application.

Collaboration and Human Resources

The program is organized by Khaita Department, a branch of the International Atiyoga Foundation (<https://atiyogafoundation.org/>) in collaboration with:



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Gars and Lings of the International Dzogchen Community <https://dzogchen.net/>
Dzamling Gar <https://www.dzamlinggar.net/en/>
Merigar West <https://www.merigar.it/>
Phendeling <https://www.dzogchen.cz/mista/phendeling/> (contact: phendeling@dzogchen.cz,
yellow@dzogchen.cz)

Project Director and supervisor Adriana Dal Borgo
Secretary: Kateřina Drajsajtlová
For information and registration write to:
harmonyinthespace@atiyogafoundation.org

The director and teacher, Adriana Dal Borgo will be assisted by qualified teacher Petra Zezulková and other teachers and experts in related disciplines

Course Fees

Each week courses:

- regular price 265€
- early bird price with registration within 2 months before the starting day 240 €

Scholarships

Where applicable, Khaita School offers the possibility of access to scholarships.
For info, write to: harmonyinthespace@atiyogafoundation.org

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<https://khaita.org/>

<https://khaita.com/>

<https://www.youtube.com/user/HarmonyInTheSpace>

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