1. THE BODY

1.1 Body and Disposal

Think the body as an intelligent entity is aware of his own intelligence, because after all, we are one body. There is no way to separate the body of the subject is all one. When the body suffers, the subject also suffers; when you want, the second also want; when shivers, one feels this cold and so on (MARETZKI, 2010). However, it is common to encounter people completely unrelated to their bodies. What transforms into an achievement understanding of autonomous beings and voluntary intelligences what we hear, the see very little of what we look (BOAL, p. 89, 2005).

To live fully we need to consider it as the first and primary place of our life "Body our only true property" (Morozowicz, 1996, p. 21). So dwell first of all on himself. Feeling good in this, and develop their own sensations of the same (Bertherat, 1976). "Any disturbance of the ability to fully feel the body itself erodes confidence in itself and the unity of the body feeling," observed (Bertherat, 1976, p. 101 cited Wilhelm Reich).

The dance therapy to work the emotions, through stimulus / various slogans, eventually awaken in its practitioners this body awareness, because they start to feel the movements themselves at the time of execution. The culminating by take them from this state of body disposal "... it is possible and essential feel in our body, who we are, what we are. Let us first of all body. We final body. We "(BERHTHAT 1976, p.197).
1.2 Body and Movement

Since the entrance to the formal social life, ie school start, the individual is discouraged spontaneity. The order is to be quiet, almost motionless in his chair. Your body and your need to drive are renegades often.

Undoubtedly speak of a contemporary dance because knowledge or aesthetic formation of the current child through a coded and de-contextualized education after 300 years cannot give them a way of creation, only a technicality full of physical challenges that restrict and Danam your mental, emotional and physical world (Fux, 1983, p. 23, 1983).

After this finding, it is natural and frequent in adulthood be observed dance moves inhibited and blocked. Buried for excuses like: do not take way, to have two left feet, or worse, not be dancing guy thing. "Adults come with its own stance: they come with sedentary lives, rigid prejudices, mental health problems and nostalgia of a bygone youth aspiring to move" (FUX 1983, p.93).

The expression and creation on the body level are unique to the human being, our body was made to move. Were not so, we would not have movable joints, flexible muscles, among other features. Whatever the cultural level or physical condition, the move is an imperative or rather, the communicating through movement is inert to man.

Feelings come through actions on a daily basis, such as skipping to play or open his arms in a gesture of greeting. All movements are symptomatic feelings, ie, are the materialization of emotions. Make this direct link between movement and feeling is look at them as one. Thus it is correct to say that "the movement is not attached to feeling like an afterthought or a predetermined structure, but becomes part of the feeling itself" (Faverzani, 2015, p. 14).

The movement takes place to maintain and update the way, to make the matter does not deteriorate so that it maintains its integrity. Every form of life is maintained by the continuous exercise of the movement "(Faverzani, 2015, p. 31)

The body, shape and balance is when this is in a state of motion. The realization of this statement is easy. Just watch people with low volume of physical activities and consequently have pictures of pain without a specific cause, by adopting a routine of physical activity, the most varied as dance, walking, running, etc. since that day, have reported significant improvement in cases of earlier complaints. "Everything in our life is movement. Nothing is static and which remains without change, without use or without proper operation ends by deteriorate and atrophy "(Faverzani, 2015, p. 34). Or: "Everything can be danced and understood, without age limits, for the body, for an ancient reason, always had the need to communicate through movement" (FUX 1983, p.46).

2. DANCE OR DANCE THERAPY

"The dance and dance therapy are forms of non-verbal languages that allow an opening for affection, sensitivity, creativity, spontaneity and communication" (Faverzani, 2015, p. 29). Seen this way, both appear not differ much from one another. But we tease out better each and after draw conclusions.

The act of dancing when, for fun, is naturally therapeutic. However, without proper guidance, the benefits of this activity become passengers and do not bring any kind of reflection after practice.

It is a self resource, which benefits focuses on allowing the individual to find the real causes of their difficulties, thus enabling the act in order to transform them (Faverzani, 2015). "Like any psychotherapy is a path toward health and personal growth, with the particularity that the path will be covered mainly through movement" (Faverzani, 2015, p. 07). What makes this quite appropriate approach, because it brings is not always internally is possible to put into words.

In this approach to work, basic elements of dance are used free of strict technical and formatted movements. If we make an analogy with oral language, we can say that just as words are made of letters, the movements are made up of elements and as the prayers are composed of words, dance phrases are composed of movements (Faverzani, 2015).

A therapy that uses body movements and dance in a psychic integration. So you can define dance therapy. Works of different emotions and sensations (Faverzani, 2015). That is, works the human being as a whole, taking into account all the complexity that compose it, to seek balance and internal and external harmony of it. It does this through slogans / stimuli that aims to express the movement, taking advantage for that elements such as body work, emotion, music and silence.

Surge Dance encounter with psychology. That is, the use of dance and movement in a therapeutic process. Or, it aims to increase the awareness of individuals about themselves in order to promote emotional integration, physical and social this.

It is a self resource, which benefits focuses on allowing the individual to find the real causes of their difficulties, thus enabling the act in order to transform them (Faverzani, 2015). "Like any psychotherapy is a path toward health and personal growth, with the particularity that the path will be covered mainly through movement" (Faverzani, 2015, p. 07). What makes this quite appropriate approach, because it brings is not always internally is possible to put into words.

In this approach to work, basic elements of dance are used free of strict technical and formatted movements. Therefore, there is no standard drive. What makes each experiences something unique, even when repeating consigns/stimulus, given that it comes to impromptu dance and this is governed by the feeling of the moment. That is, the second is who dictates to the body like jogging at the time of action. Even if the development of the subject is stagnating for a while, no dancing is just like that of the previous improvisation. With this, every experience tended to bring out deep questions in practitioners.

It assumes that the movement patterns reflect our way of thinking and thus the body motion can lead to psychological changes. There is a clear relationship between what we are and how we move (Faverzani, 2015, p.07).

The body is a communication channel, it all people reflect their subjectivity, their ideas, their difficulties and blockages. And this is independent of the will and consciousness of the subject, in fact the main form of this communication is to happen.
unconsciously and more that there is no attempt terms domain at the time that this communication takes place. What can be is best develop an accurate perception of the messages sent. So if the body means he simply says.

Having said that, notes that there dance therapy in the awareness that there is no separation between cognitive and physical aspects, or, one is for another. Which is to say that they are directly linked.

The therapeutic route through dance makes the person is the author's own choreography, that is, allows the subject a chance to awaken and develop the bodily autonomy. Autonomy that is repeated and reflected in other walks of life. This work of giving visibility to the person carries within it takes some time for some more than others, but always requires time of dedication, because often such content is confusing and invisible, which eventually leads its practitioners to the discovery of itself.

The various stages of mobilization by creating allow the child, adolescent or adult a better understanding of yourself and grant you security and joy to recognize movements produced by them in creative way; and above all, externalize anxieties, defeat the hostile forces of all those elements that subconsciously want to get away from us. The experiment conducted in classes with heterogenias children affected by different issues, authorizing me to consider dance as an authentic therapy (FUX 1983, p.99).

The purpose of this article is to pay attention to the positive impacts already achieved in the first livings of dance therapy during the stage with women living in their day to day modern life imposed by modern society.

4.1 DANCE THERAPY INTERNSHIP - MARIA FUX METHOD

At first I thought to work urgent issues of the feminine universe, such as self-awareness, self esteem, positive and negative aspects of personality, among others. In order to alleviate the common body disposal at this time his whole body can dance. Still have to close your eyes in order to be allowed, but already shows lightness in her gestures and allowed to dance, to explore music nuances. His hip had once danced for him loose at times. In fact, fortunately this word refers to a phase transition. Consolidating so the design itself more positive now.

After following the group's progress and particularly the subject analyzed, one can conclude how the dance therapy is important today and always will be. For as said before, man needs to communicate physically, it is something intrinsic to human beings. And the dance therapy enables this communication healthy and rewarding way for everyone involved.

Explored the space with opposite changes. Varied steps and he used the arms movements. He risked expressive gestures and allowed to dance, to explore music nuances. His hip had once danced for him loose at times. In fact, fortunately this time his whole body can dance. Still have to close your eyes in order to be allowed, but already shows lightness in her movements, induces sense of freedom, when compared with the first dance performed.

After performing some livings in dance therapy:

- Showed good results and advances. In the first application to answer the following question: Choose a word that defines you today. This completed with "Dissatisfied". In the second application the same question was answered by "Change" word refers to a phase transition.
- Another advance was due to the issue that should complete the sentence - for you dancing is. And compared with the first answer the second we have: "A monumental difficulty!!" While in the second application the same answer: "Follow the rhythm of things." Consolatizing so the design itself more positive now.

During their dance reported progress in words they became body. Let's see:

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DANCE THERAPY-METHOD MARIA FUX CONTRIBUTIONS IN THE LIFE OF MODERN WOMAN

Abstract
This article refers to the work on stage in dance therapy - method Maria Fux, whose objective is to pay attention to the impact of dance therapy practices and whether they can already be observed in the short term the life of the modern woman. Was given by choice, adaptation and application of slogans stimulus that State network of teachers from Curitiba / PR, vivenciassem in their bodies the effects of this practice which consists of a self resource, which benefits focuses on allowing the individual find the real causes of their difficulties, thus enabling the act in order to transform them, a contributing factor to the development of self-esteem, so necessary for the good life.

Keywords: Dance Therapy - Method Maria Fux, Modern Woman, Self, Self-Esteem.

CONTRIBUTIONS Danse thérapie MÉTHODE MARIA FUX DANS LA VIE DE LA FEMME MODERNE

Résumé
Cet article fait référence au travail sur scène dans la thérapie de danse - méthode Maria Fux, dont l'objectif est de prêter attention à l'impact des pratiques de thérapie de danse et si elles peuvent déjà être observés à court terme la vie de la femme moderne. A été donnée par le choix, l'adaptation et l'application des slogans stimulus que le réseau d'État des enseignants de Curitiba / PR, vivenciassem dans leur corps les effets de cette pratique qui consiste en une ressource auto, qui bénéficie met l'accent sur permettant à l'individu trouver les véritables causes de leurs difficultés, permettant ainsi à l'acte afin de les transformer, un facteur qui contribue au développement de l'estime de soi, si nécessaire pour la bonne vie.

Mots-clés: thérapie de danse - Méthode Maria Fux, femme moderne, auto, l'estime de soi.

CONTRIBUCIONES DANZATERAPIA-MÉTODO MARÍA FUX EN LA VIDA MODERNA DE LA MUJER

Resumen
En este artículo se hace referencia a la obra en el escenario en la terapia de la danza - Método María Fux, cuyo objetivo es prestar atención al impacto de las prácticas de terapia de baile y si ya se pueden observar en el corto plazo la vida de la mujer moderna. Se le dio por elección, adaptación y aplicación de consignas estímulo que la red estatal de maestros de Curitiba/PR, vivenciassem en sus cuerpos los efectos de esta práctica, que consiste en un recurso de autoconocimiento, cuja mayor ventaja centra en permitir al individuo encontrar las causas reales de sus dificultades, lo que permite que el acto con el fin de transformarlos, un factor que contribuye al desarrollo de la autoestima, tan necesaria para la buena vida.

Terapia de baile - Método María Fux, mujer moderna, uno mismo, autoestima.

CONTRIBUIÇÕES DA DANÇATERAPIA-MÉTODO MARIA FUX NA VIDA DA MULHER MODERNA

Resumo
O presente artigo faz referência ao trabalho desenvolvido no estágio em Dançaterapia - Método Maria Fux, cujo objetivo é atentar-se para os impactos das práticas de Dançaterapia e se os mesmos já podem ser observados em curto prazo na vida da mulher moderna. Deu-se através da escolha, adaptação e aplicação de consignas estímulo que professoras da rede Estadual de Curitiba/PR, vivenciassem em seus corpos os efeitos desta prática que consiste em um recurso de autoconhecimento, cuja maior vantagem centra-se em permitir que o indivíduo encontre as reais causas das suas dificuldades, possibilitando assim o agir afim de transformá-las, contribuindo com isso para o desenvolvimento da autoestima, tão necessária para o bem viver.

Palavras-chave: Dançaterapia - Método Maria Fux, Mulher Moderna, Autoconhecimento, Autoestima.