

Flamenco Alchemy Academy



WORK BOOK

Embrace your shadow
through the expressive
power of flamenco dance



Flamenco Alchemy Academy



Dear ladies,

Welcome to the Flamenco Alchemy Academy's first work book. I've created this course because I believe in the transformative power of art and especially flamenco dance aimed at women in and outside of asylum centers. Flamenco reflects the emotional journey of these women: the beauty of survival. Since flamenco arose from extreme oppression and ethnical minorities. Alchemy is a metaphor for turning lead (pain, fear) into gold (expression & strenght). Which resonates with my personal journey of turning my deepest pain into my biggest treasure.

Phoebe
Brack

COURSE OVERVIEW

01

WHY FLAMENCO DANCE

Using flamenco's expressive power for turning pain into strength (theory)

WHY JUNGIAN SHADOW WORK

Working with flamenco dance & shadow work (theory)

02

03

FLAMENCO ARCHETYPES

Theory & excersises

FLAMENCO SHADOW

Theory & excersises

04

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WHAT WILL A SESSION LOOK LIKE? (LESSON PLAN)

EXPERIENCE DANCING FLAMENCO & INTEGRATING YOUR SHADOW (EXCERSISES + VIDEO'S)



01

MODULE 1

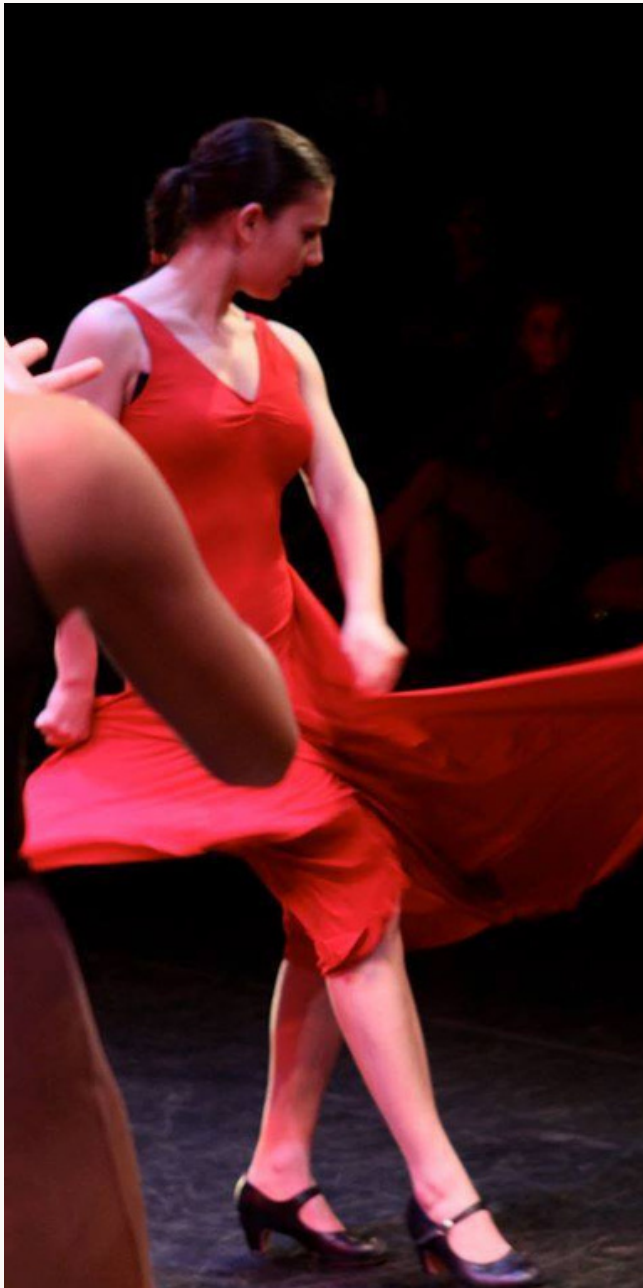
Why flamenco dance

In this part of the course you will get to know more about why (and how) flamenco dance can be used as a tool for deep transformational (trauma) healing. Additionally I will explain more about my own background and how it helped me heal & gain confidence. The cultural background of flamenco dance is further explained and how it relates to transformation and shadow work.

01

WHY FLAMENCO DANCE

This is for the 14 year old me. For the girl that couldn't look at herself in the mirror and mainly saw herself through the eyes of other people: not good enough, different, insecure and not fitting in. For the girl that had bad experiences at school with people of her age. For the girl that felt so small that school made her feel sick. She went to school with pain in her belly and didn't feel safe.



But now I feel free. I can look myself in the eye and be proud of myself. I don't care what other's think of me. I have years of experience as a professional dancer, choreographer & dance teacher. It's all because of that moment I grabbed the stage (after years of training). And started performing and teaching for and with the girls that used to bully me. [Click here](#) for a video of 18 year old me performing.

WHY FLAMENCO DANCE

01

So let's go back to the moment where I started flamenco dance: I felt this magical power and emotional connection with its expressive & emotionally raw intensity. I was used to making myself smaller. But flamenco dance's posture did not allow me to!

I had to stand tall, straight and make myself look proud. From that day I was hooked: I took multiple classes per week and delved deeper into the history and background of flamenco dance:

understanding the basic history & cultural roots is an essential part of the academy's curriculum. **So**

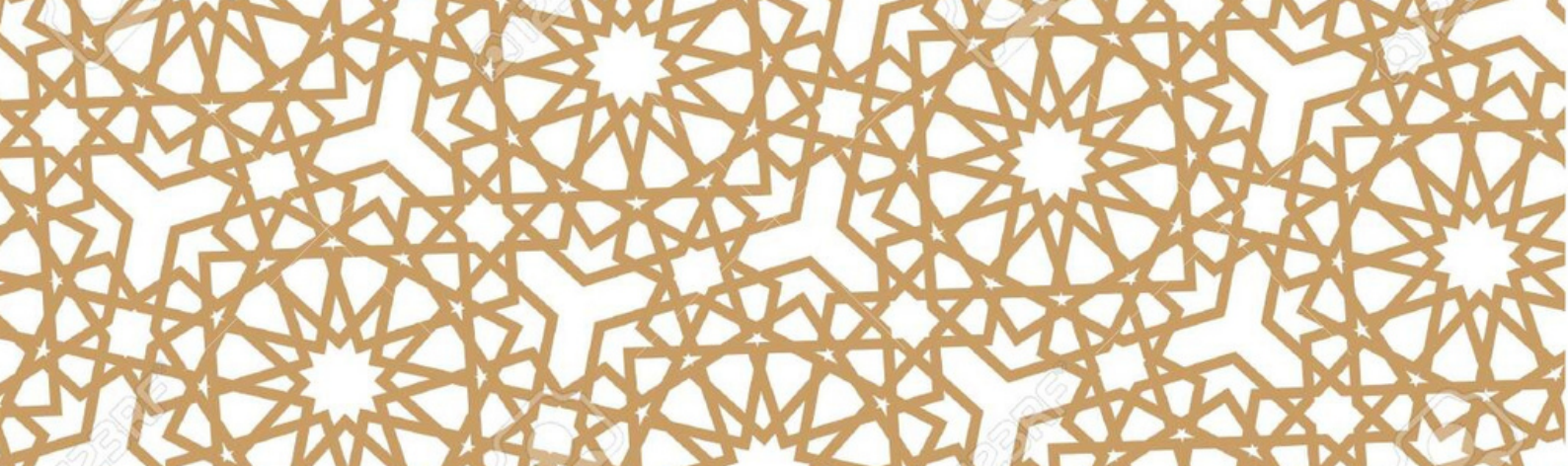
let's explore flamenco's origins and evolution:

Flamenco was born in the Southern of Spain (Andalucia) as a mixture of cultures:

- The Romani people
- Moorish influences
- Separdic Jews
- Andalusian peasants & African diaspora.

Historically, flamenco has served as a vehicle for the subaltern to reclaim voice and dignity through embodied resistance.

(Washabaugh, 1996)



01

WHY FLAMENCO DANCE

These communities were suppressed and oppressed & often marginalised: flamenco became a form of survival and resistance. Which strongly resonates with both the experiences of many females living in asylum centers and my own personal experiences of being suppressed by bullying.

Flamenco became a metaphor and language for spiritual power, pain & pride. Flamenco becomes alchemy when pain is transformed into rhythm, fire and being present / standing up for yourself.

In the past flamenco was dominated by males. But in homes and other informal spaces women carried out their flamenco art and often carried deep wisdom.

In recent years women have reclaimed flamenco and used flamenco as a political and artistic expression. Dancing with rage, grief, fear, pain cheerfulness and sensuality. This aligns with the Flamenco Alchemy Academy's vision: creating safe spaces for women where they can own their bodies, stories and voices by being their authentic selves and by transforming their discomfort or pain.

01

WHY FLAMENCO DANCE

Flamenco consists of many styles: each with its own emotion, rhythm and cultural background. By dancing any of these styles you dive into an emotional and psychological state, much like Jungian archetypes or aspects of the shadow. Each of these styles can become a portal for inner transformation and a way to access, express and transform hidden or suppressed emotions. Especially when it comes to women who have experienced trauma or marginalisation.

It was in flamenco's expressive intensity that the oppressed found dignity.

(Steingress, 2002)



02

WHY SHADOW WORK

The shadow is part of our personality that contains repressed emotions, wounds, fears and other pain.

Flamenco through its different styles gives us access to those hidden sides: not with our head or intellect but by digging into our feelings. By actively engaging in each flamenco style we can move through their archetypes and each one becomes a symbol of empowerment & transformation.

Let's look at a flamenco style (palo) through a Jungian lens:

Tientos/ Tangos

Emotion: Longin, sensuality sorrow.

Rhythm: 4/4

Meaning: Tientos means: to touch.

Cultural background: South American influences.

Jungian parallel: feminine: desire sensuality, shame.

Insight: These palos allow women to reclaim their bodies, and their personal strenght.. From slow tientos to rhythmic confident tangos. They offer a way to liberate your femininity. [Here's a link](#) to a tangos video.



02

WHY SHADOW WORK



To become conscious of it involves recognising the dark aspects of the personality as present and real.(Jung, 1959)



WHY SHADOW WORK

As explored in the Jungian practitioner course: shadow work focuses on the understanding and incorporation of hidden or unconscious aspects of our personality that we tend to deny, judge and /or reject. This process is crucial for personal growth, self-awareness, and psychological wholeness.

The concept of the shadow, as defined by Carl Jung, refers to aspects of ourselves that we have repressed, denied, or are unaware of. These can include negative or positive qualities we don't want to acknowledge.

This could also include positive traits we've been conditioned to suppress. Unresolved traumas or experiences. Culturally unacceptable impulses or desires. The shadow is potentially not only negative; it also contains positive qualities that could be underdeveloped or repressed.

(Naturalistico, 2025)



WHY SHADOW WORK

Challenges in shadow work

Shadow work can be challenging and may bring up uncomfortable emotions and / or thoughts. In this workbook we will create a safe-space for our personal research. Guidance will be provided to support intense emotions (if they may arise).

A gradual research will be encouraged rather than an overwhelming experience. We will use creative methods such as flamenco dance and journaling to identify shadow aspects. We will develop strategies for integrating shadow aspects into our lives (and gradually maybe even into your work).

This journey will be deeply personal and could be a somewhat challenging process. My role as a facilitator is to provide a supportive safe space for females in and outside of asylum centers to find and explore hidden aspects of your personality to eventually integrate and transform them into your strength.

All that has dark sounds has duende... These dark sounds are the mystery, the roots fastened in the mire that we all know and all ignore.

(García Lorca, 1933)

03

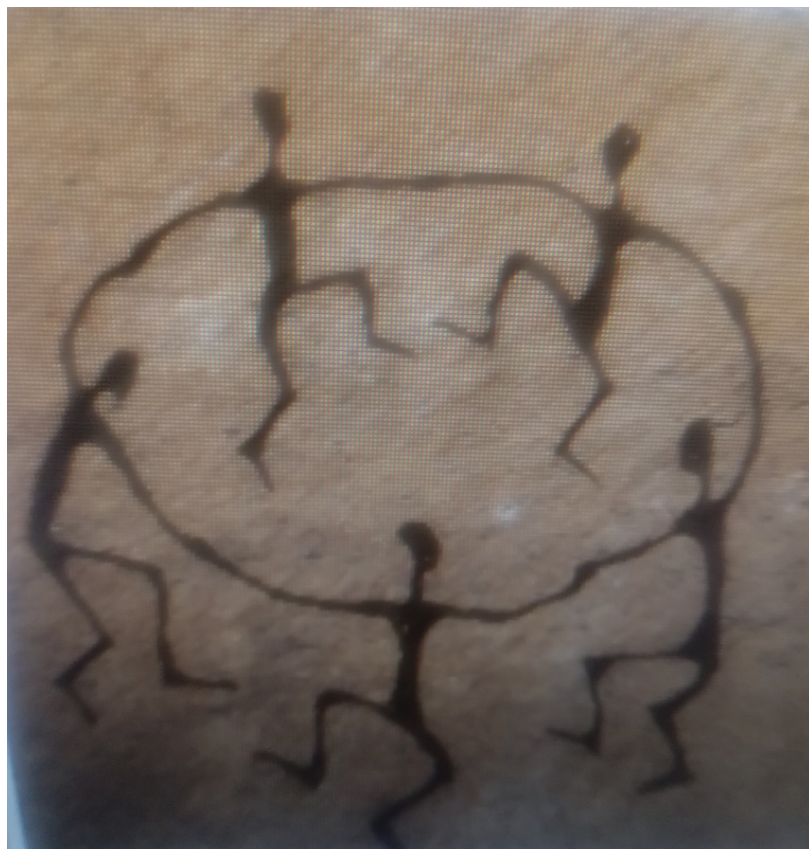
FLAMENCO ARCHETYPES

Flamenco Archetypes introduction

Carl Jung's theory on archetypes is based on the concept of the collective unconscious and suggests that global mental structures are revealed in dreams, myths and cross - cultural behaviours.

These archetypes influence personal drive, self-awareness and personal development. (Jung, 1968).

Flamenco, a strong, expressive cultural tradition which has its roots in Jewish, Roma, Arabic, South - American, Indian and African cultures, represents a unique form of archetypal expression. In this workbook you will find a merging of Jungian and Flamenco archetypes for healing, empowerment and an investigation across the body and mind.



03

FLAMENCO ARCHETYPES

Core archetypes include:

The shadow: includes aspects of the personality which are suppressed or denied.

The self: the main archetype expressing the holistic self.

The persona: the social behaviours and masks people may adapt.

The anima/ animus: based on and expressing gendered synthesis.

The hero: symbolising the hero's journey based on struggle and transformation.

Flamenco, which finds its roots in suppressed and oppressed cultural minorities represents an expressive language of archetypes. Each style (palo) within flamenco stands for a certain cultural and emotional experience with each its own rhythmical patterns. For example:

Alegrías: happiness, celebration, joy.

Seguiriya: loss, grief and anger.

Solea: loneliness, reflection, slowing down.

Tientos / Tangos: Passion, sensuality.

These styles are not only musical styles but align with Jung's concept of the archetypes.

Duende, a state of being which emerged from the poetry of Garcia Lorca, corresponds with Carl Jung's view and concept of the shadow and a transformational experience through pain and discomfort. In flamenco duende occurs when the artist devotes to (unconscious) emotions and brings these to the surface while embracing yet overcoming deep pain and sorrow.

03

FLAMENCO ARCHETYPES

By combining Jungian archetypes with flamenco styles a framework for self - discovery and holistic wholeness arises. The physical and emotional art of flamenco completes Jungs more conceptual and cognitive model.

Exercise 1:

What flamenco style and rhythm do you feel resonates with your life right now based on these examples?:

solea (loneliness), **tangos** (sensuality and lightness)
alegria (cheerfulness).

Try to discover what one of these archetypes might represent your life currently?

Next step is to play one of the flamenco songs as you can find [here](#) based on your choice of which flamenco style represents your current emotional state. Let the movement be based on what you feel you are currently repressing emotionally. Let it come up gradually. So you don't become overwhelmed or overthrown by emotions. What is your shadow trying to tell you? What arose from beneath your emotional surface?

Through stories based on the background & (musical) structure of flamenco I now ask you to interpret some of your life experiences. In other words: in what stage of your life is what flamenco archetype relevant? Write and / or draw a timeline.

03

FLAMENCO ARCHETYPES

Anima & Animus

Anima symbolises the feminine aspect within a man's psyche, while Animus stands for the masculine side within a woman's psyche. These archetypes are part of the societal awareness and facilitate connection between the conscious and unconsciousness in one's psyche. (Naturalistico, 2025)

Exercise 2:

Flamenco has both masculine and feminine dance forms and way of dancing. Click [here](#) for an example of masculine flamenco dancing & click [here](#) for an example of feminine flamenco dancing.

Now copy these movements on the rhythm of [this music](#) and ask yourself if and how these movements align with your feelings & emotions. If, where & how do you suppress or express your feminine and / or masculine side?

Flamenco Archetypes & ethics

By offering a method which aligns with many cultures (because of flamenco's diverse cultural background) it enriches current practices & methods and accomplishes a physical and emotional transformation based on a theoretical framework and embodied practice. As potential facilitators and / or participants you will be guided in using the flamenco Archetypes as a symbolic method in which you can tell and express your own story in a safe space of women in and outside of asylum centers.

Exercise 1

Think of or do research regarding a personal quality or a personality trait or behaviour that you usually criticise in others. Reflect on how this might be an externalisation of your own shadow. Write about how accepting and integrating this aspect could contribute to your personal growth and (healing) journey.

(Naturalistico, 2025)

How could you use this experience to integrate your shadow in flamenco dance? In other words: how can you express this shadow element in flamenco dance (or music)? It might help to first draw, write or paint this shadow and then play a (flamenco) song which resonates with this shadow part. You might be able to move freely on this song as well. This means you can bring hidden parts of your personality to the surface and eventually empower yourself.

04

FLAMENCO SHADOW

As we delve deeper into shadow work techniques in this module we will explore specific methods which relate to flamenco dance for identifying, exploring, and integrating shadow aspects while providing you with practical tools in this transformative process.

Techniques for Shadow Work

Flamenco is a powerful medium for shadow work: You can start by drawing or painting your own inner flamenco dancer which stands for your inner pain and fire. Or make a collage based on flamenco and its cultural and historical roots. Then you close your eyes, breath deeply and feel into a part of yourself that some of us have been taught to hide,

Such as anger shame, grief, sensuality fear or power. Where is this feeling present in your body?

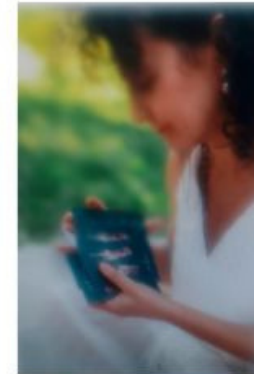
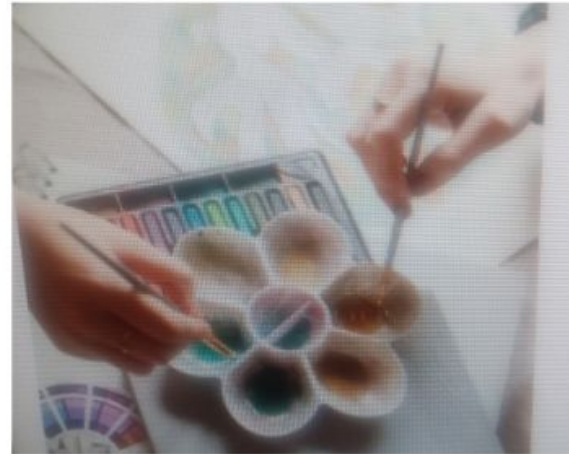
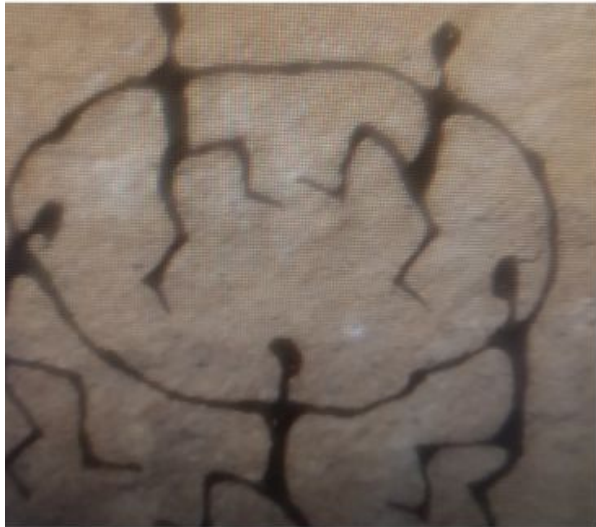
What does it want to say? If this part of you had shoes, how would they walk? If it had hands, how would it move? And if it had a voice, how would it sing?

05

WHAT DOES A SESSION LOOK LIKE? (LESSON PLAN)



Retreat program



**Flamenco Alchemy
Academy**

Lesson Plan **Flamenco Alchemy Academy**

Focusing on integrating and expressing Jungian shadow aspects through the expressive power of flamenco dance (in Tangos rhythm).

Class Level & teacher	Beginners & recreational. Phoebe Brack
Dance style & duration	Flamenco dance (90 minutes)
Learning outcomes	<i>Women (18+) should be enabled to</i> Explore basic warm – up movements of flamenco dance, arms, hands, footwork and the right posture while learning about the rhythmical patterns of flamenco dance. Explore and communicate through flamenco dance your personal shadow and integrate this in your movement. At the end of this lesson, you will demonstrate a short Tangos (flamenco style) choreography which expresses personal shadow integration on a flamenco Tangos rhythm on recorded music. It's not only about technique but also about emotional expression and integrating the shadow. You are encouraged to have read the workbook prior to starting this session.
Fundamental movement skills	Clapping the rhythm, right posture & basic arm & hand movements of flamenco dance.
Additional resources	Workbook + video's demonstrating the movements.

Introduction (30 minutes)

Imagine walking into a room which smells of Jasmin or Orange blossom, scents that remind you of a warm summer day in Andalusia, Spain. You hear the soft sound of flamenco guitar filling the room. Then you will sit around a candle and one by one you will say your name + a word which reminds you of shadow or light. While listening to the sounds of the flamenco guitar we do some guided breathwork to calm down our senses and open ourselves to our inner journey & exploration.

Guided meditation (flamenco's journey through cultures)

Listen to [this](#) audio to engage in this guided meditation.

You will be guided in visualising a dialogue with a shadow figure.

The intercultural roots of flamenco dance and bodily sensations will be incorporated in this exercise for emotional processing.

Let your breath fall low into your belly and let your feet feel heavy on the ground.

Grounded like an old tree. With each exhale you allow yourself to soften. Release your shoulders, jaw and neck.

Questions for after the guided meditation: how are you feeling today? What emotion or mood describes your current mood? Just by expressing this the integrational process of the shadow starts.

Warming - Up (20 minutes)

In this part of the session we will do a physical warming – up. So we can prepare for the choreography as can be found in [this video](#).

Your arms should always be round as though you are holding a beach ball and keep your arms in front of you. The movement from the hands comes from the wrists. You make circles with your hands and start with the pinky in, open and flip. You want to make sure your arms are still and in control when you bend your wrists. You can do the same in the other direction and back and forth.

Arms

Now move your hands in and out while you bring your arms up and down as though you are collecting apples in your basket.

Fee

Now we will do footwork combinations for warming – up your feet and getting familiar with the flamenco vocabulary and rhythm.

Main class content : Dancing with the shadow in Tangos style (25 minutes)

Now I invite you to clap a **Tangos rhythm** and repeat it multiple times to become familiar with this rhythmical pattern. In this part of the lesson we will stand tall with the right posture as practiced in the warming – up.

Then I break down the choreography as can be seen in [this video](#) and after demonstrating parts of the choreography you are encouraged to repeat and then demonstrate it. After practicing the footwork and the first basic movements I include arms and hands. While doing so I use the following teaching methods: explaining & telling, demonstrating & participating.

After teaching 4 to 5 movements we repeat the whole choreography.

Then I ask you to express your specific shadow emotion into your arms and hands. Put everything you feel regarding this emotion into your movement. Try to be as unapologetic as you can. Now improvise 20 – 30 seconds on the Tangos rhythm while you feel the emotion you often feel ashamed or insecure about. This will be your personal shadow integration solo. Now explore individual and collective expression through flamenco dance with Arabic and other cultural influences (which can be heard in the music)

Now we start reflecting on our emotional and physical experiences and insights using structured reflective practices.

Questions to write down for yourself:

- What did I discover?
- How did it feel to embody my shadow?
- What do I take with me from this process?
- Sharing circle (optional): voluntary discussion of insights and transformation and how can I integrate my learning into my life this week?

cooling down, reflection & opportunity for feedback (15 minutes)

Duration: 15 minutes. Setting: soft lights, guitar music playing in the background.

Inhale 4 counts & hold your breath for 2 counts Exhale slowly in 6 counts Listen to to

this music with Arabic influences and let it's rhythm take you a journey.

let it soften your jaw, let it soften your thoughts, relax your shoulders & neck.

Now begin by shaking your hand, arms, shoulders, legs and your whole body. On the flow of this music. Shake off pain, shame and worries.

Reflection You met your pain & discomfort. You stayed. You lived through it. That is transformation.

Questions for journaling: what did you found out about today? What does your personal shadow look like, what name what you give it and how does it move, feel or smell? How can you integrate this part of yourself in your daily life?

Feedback questions:

What did you feel in your body before, during and after the session?

What was a moment that stood out for you?

What are you taking from today's session? If anything?

What, if anything, do you notice about your posture before, during and after the session?

What felt natural? And what felt forced?

Outcome measurement:

How do we experience the session so far?

What made you feel good? What made you feel at ease or uncomfortable?

You are encouraged to keep a digital portfolio with recordings of your dancing, voice notes

or written notes about how you felt while dancing & incorporating your shadow. This portfolio can be shared with me in 100% confidentiality so we can compare initial expressions versus how you feel once you have integrated you shadow over time.

Also there will be pre / post session reflection forms asking questions such as:

- How connected do you feel to your body?
- What (shadow) emotions surfaced?
- What new insights did you get (if any?)

At the end of the session you can:

Execute a basic rhythmic pattern in clapping, stomping while using the right posture following the steps of the choreography. You will be able to demonstrate it and connect it to your surfaced emotion(s) and shadow side of your personality.

THANK YOU

It was a pleasure guiding you in this journey. I hope you learned as much from it as I did. You are one of the first community members of the Flamenco Alchemy Academy. If you have any questions or would like to receive more information, please visit our website:

www.flamencoalchemy.com

