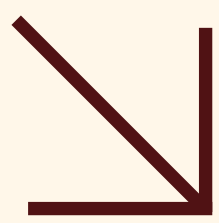




ONLY PORTAL METHOD

Teacher's course 2026-2027



The Orly Portal Method Teacher Training programme is a one-year programme starting in August 2026 and ending in August 2027. It consists of 164 hours of technique and repertoire practice.





THE BODY IS THE *SOURCE* AND THE VEHICLE OF *PRACTICE*

The Orly Portal Method is an approach to movement developed by choreographer Orly Portal, the result of years of research and choreographic exploration. Rooted in somatic practices, embodiment, and North African dance traditions, it weaves together cultural memory and contemporary expression into a distinct physical language.

Through practice, the body's many layers are brought into dialogue, activating the pelvis as a living matrix. Energy rises through the spine, unfolding into spontaneous, rhythmic, and deeply embodied expression. The method invites inner listening and awareness, guiding participants to explore the connection between gesture, presence, and intimacy. Each movement becomes a portal — a passage toward perception, sensitivity, and transformation, leading to Tarab: a state of ecstatic union between dance, music, and emotion.



2026 — 2027

ROME

↘ 3–9 AUGUST 2026 | 7 DAYS, 40 HOURS | 📍 Rome

Passion

We begin with passion—raw, vital, and anchored in the pelvis. The Orly Portal Method opens this gateway: a practice of deep listening, tuning into the body's inner wisdom, and awakening the energy that flows through flesh, rhythm, and bone. Rooted in ancient dance traditions and contemporary movement, this first meeting includes *Rabia*, Orly's choreographic creation inspired by the mystic Rabia al-Adawiya and the poetry of Rumi. Guided by gestures drawn from Sufi and contemporary dance, we enter the body's deepest center. To listen. To feel. To move. Passion is a beginning: of dance, of life, of the path back to yourself.

↘ 2–4 OCTOBER 2026 | 3 DAYS, 18 HOURS | 📍 Rome

Becoming a Portal

Through rhythm, voice, and repetition, we become portals—bodies that listen, remember, and transform. This journey moves in resonance with the deep roots of Moroccan culture: the grounded flow of Amazigh dance, the hypnotic cadence of Gnawa music, and the spiraling ceremonies of the Sufi order. We will engage these lineages through embodied practice—moving with *karkaba* and *sagats*, singing in Moroccan dialect, and stepping into the collective energy of cyclical motion. Fragments of *Swiria*, Orly Portal's choreographic work, accompany us—an artistic homage weaving tenderness and strength into movement. A portal is a crossing: from the known to the ancestral, from the body to the beyond.

↘ 4–6 DECEMBER 2026 | 3 DAYS, 18 HOURS | 📍 Rome

From Foot to Spine

This workshop explores the web of relationships that make the body whole. From the grounded intelligence of the feet to the spiraling length of the spine, from the arms to the breath to the organs—we listen to how each part speaks to the others. Through movement, we study collaboration: how the feet inform the spine, how the spine influences the head, how the diaphragm supports both emotion and posture. We move through bone and flesh, rhythm and stillness, tracing the body's architecture as a living harmony. Guided by excerpts from *Fakarouni*, Orly Portal's choreographic work, we enter the space where form becomes feeling, and interplay becomes dance.

↘ 21–26 APRIL 2027 | 6 DAYS, 30 HOURS | 📍 Borgo Acqua Paola, Bracciano

The Rite of Spring (Retreat)

A waltz that spirals through time, *The Rite of Spring* of Farid El Atrache evokes the blossoming of new beginnings. Revisited as part of the second teacher training cycle, the piece unfolds like a seasonal rhythm: familiar, yet transformed. We enter its pulse as we enter the earth in bloom—tender, aching, alive. The choreography moves through longing, release, and devotion, drawing us into a landscape where sensation becomes song. Each gesture invites presence, vulnerability, and joy. This is not just a dance to perform, but a space to inhabit—where memory stirs the body and movement becomes rebirth. A rite, a spring, a beginning again.

↘ 10–12 JUNE 2027 | 3 DAYS, 18 HOURS | 📍 Rome

Musicality

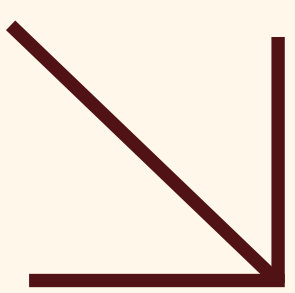
An invitation to awaken the music within. We begin by listening—with the skin, the breath, the bones. We play sagat, sing, and dance. Melody moves through the spine, rhythm settles in the feet, and silence breathes between gestures. Dance creates music, responds to it, and enters into dialogue with it. It becomes a practice of meeting—sensing the harmony of sound and rhythm as it moves through the body. The workshop is guided by excerpts from Orly Portal's choreographic work.

↘ 1–7 AUGUST 2027 | 7 DAYS, 40 HOURS | 📍 Rome

Practicum

This final meeting marks a threshold in your journey. In the Practicum, you step into the role of teacher—holding space, offering your voice, and embodying the path you've traveled. It is a moment of clarity and responsibility, where the work becomes yours to carry.





ORLY PORTAL

Orly Portal is a dancer, choreographer, and voice–movement therapist whose work is known for its depth, authenticity, and transformative quality. A graduate of the Jerusalem Academy of Music and Dance, she began her career with Kol Demama and later joined Batsheva Dance Company.



In 2009 she founded the Orly Portal Dance Company, developing a choreographic language where movement becomes a form of listening, memory, and revelation. Her acclaimed works — including *Swiria*, *Beijo*, *Rabia*, *Fakarouni*, *Al-Atlal*, and *The Rite of Spring of Farid El-Atrache* — reinterpret classical Arabic music through contemporary dance, giving voice and new life to cultural treasures.

Described by critics as a truly original artist whose creations unite body, voice, and spirit, Portal views dance as a way of life — a bridge between worlds, and a space of healing, connection, and renewal.

2026 — 2027

THE RITE OF SPRING



6 DAYS RETREAT
— 30 HOURS

DANCE RETREAT IN THE HEART OF ITALIAN NATURE
IMMERSE YOURSELF IN DANCE, SURROUNDED BY LUSH ITALIAN LANDSCAPES

A Week of Transformation with Orly Portal Join us for a unique 6-day journey that blends dance with the serene beauty of Italian nature for a perfect balance of artistic growth and relaxation.

Rejuvenate your spirit, challenge your body, and forge lasting connections.
This is more than a retreat—it's a journey to your artistic core.

YOUR OASIS IN NATURE

- Located in Bracciano, just 37 km from Rome
- Embraced by the lush forest of Orsini-Odescalchi Castle
- Studios with sliding glass walls, bringing nature into your dance space
- Wooden floors that connect you to the earth



RELAX AND RECHARGE WITH KINDRED SPIRITS

Connect with fellow dancers in a supportive, inspiring environment. Share meals and experiences in comfortable 2-3 bedroom apartments, fostering lasting friendships.

Comfort and Convenience

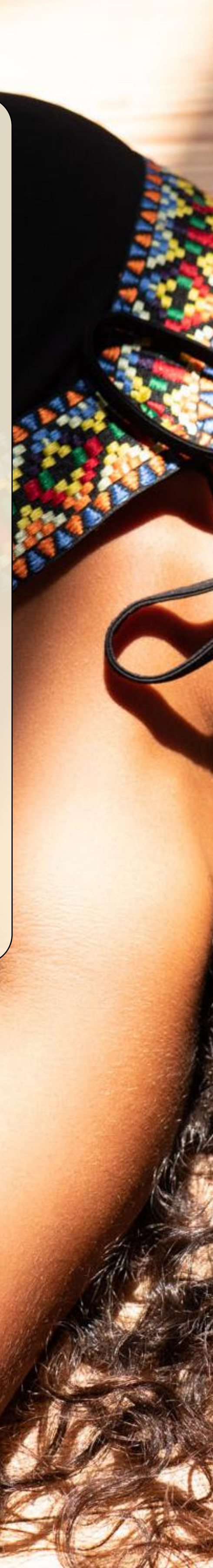
- Full board to nourish your body and soul
- All set in a magical atmosphere that invites both focus and relaxation

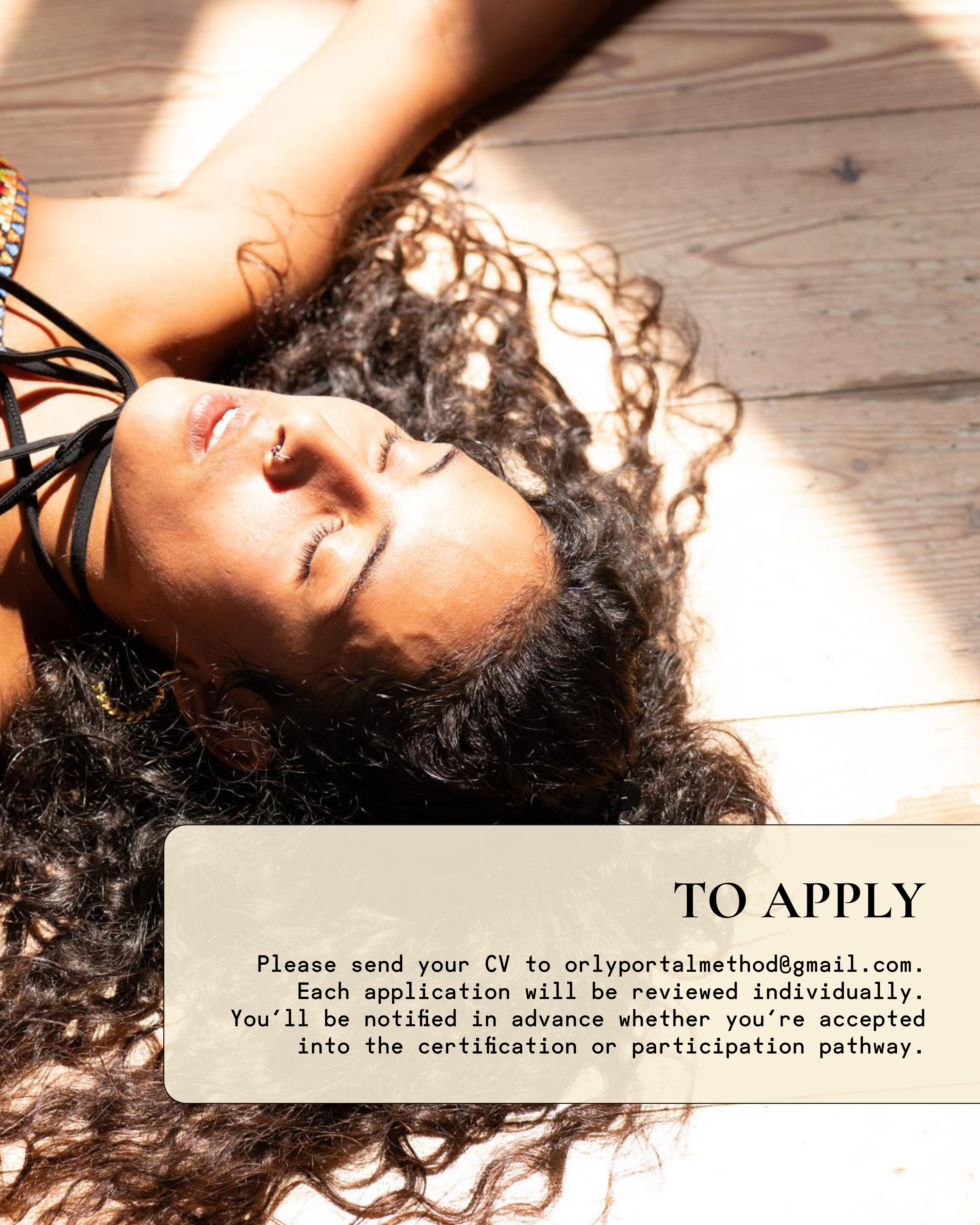


WHO CAN APPLY

- The Teacher Training Certificate is open to professional dancers, advanced students, and movement practitioners. Participants who wish to apply for the Teacher Certification Track are subject to selection — only those with sufficient dance experience, advanced study, or a professional background can be accepted into this path. To receive the official OPM Teacher Certificate, participants must complete all 164 hours and successfully pass the final Practicum module.
- However, the full training is open to everyone who wishes to begin studying the Orly Portal Method and perhaps build toward the Teacher Certificate in the future. Those who take part in the full training without qualifying for the certification will receive a Certificate of Participation — they may be dance students, dance enthusiasts, other kinds of practitioners, or simply people who love to move and study with Orly.
- It is also possible to attend individual workshops as standalone experiences, without certification.

The lessons will be held in English.





TO APPLY

Please send your CV to orlyportalmethod@gmail.com.
Each application will be reviewed individually.
You'll be notified in advance whether you're accepted
into the certification or participation pathway.



ORLY PORTAL METHOD
SCHOOL / EUROPE

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