

# Cittaraga: Healing Dance Studio Based on Traditional Sundanese Dance

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## ABSTRACT

Having a healthy body is the hope of every human being because with excellent health life feels more meaningful. To maintain a healthy body, routine and regular activities are needed through medical health checks and other activities such as sports and dancing. Dancing for health has not been revealed by many researchers. Generally, people understand functions for ritual, entertainment, and performance needs. However, there is a function of dance for health that has not been discussed much. This study aims to reveal one of the studio activities that develop dance for health, namely Studio Cittaraga in Bandung. This studio develops healing dance using traditional Sundanese dance movements. Qualitative-descriptive methods are used to uncover these problems. The objects he studied were the perpetrators, both figures of healing dance developers at the Cittaraga studio and training participants. Observation, interviews, and documentation carry out data collection techniques. The results showed that Studio Cittaraga succeeded in developing traditional Sundanese dance movements for healing needs carried out continuously and enjoyably.

**Keywords:** Cittaraga, Healing Dance, Sundanese Traditional Dance, Sundanese.

## INTRODUCTION

Health is one of the factors that is very supportive of one's happiness. Happiness will arise when a person's physical and psychological condition is in good health. With a healthy body, all life activities can be done pleasantly. Healthy living is the dream of every human being. To get a healthy life, efforts are needed to run a healthy lifestyle from an early age. Although there is no age limit to start a healthy lifestyle. A healthy body is one of the capitals of a person's success. Likewise, a healthy body is believed to support every activity carried out by humans full of comfort and joy. A healthy body is a body that avoids disease

so every human being must maintain his health (Septiano, et al. 2020,

p. 56). One of the efforts to maintain a healthy body in addition to running a healthy lifestyle requires routine and regular activities both through medical health checks and other activities such as sports and dancing. Dancing for health has not been revealed by many researchers. Generally, people understand the function of dance for ritual, entertainment, performance, and educational needs. However, there is another function of dance, namely for health that has not been discussed much.

One of the studios that develops dance functions for health is Ciitaraga Studio.

Being in the city of Bandung developed *healing dance* as its superior method of conducting body fitness training and therapy for its participants. Officially this studio was established in 2015. The founder of Cittaraga Dian Anggraeni graduated from the Dance Department of Karawitan Indonesia High School (SMKI) Bandung. Besides being an active dancer, she also became a yoga instructor. While studying at SMKI Bandung, he also had time to learn *Tai Chi* from a teacher, Moch. Saleh (alm). With his long experience in the world of dance as well as perseverance and craft in learning dance and *yoga*, as well as learning *Tai Chi*, on the way he was able to establish his own studio, namely Healing Dance.

The term Healing Dance is inspired by *Tai Chi*, *Yoga*, and Dance Therapy or dance education for therapy (Interview, Anggraeni, August 2023 in Bandung). Dance Therapy has been developed by dance therapy in several countries such as America, England, India, Sri Lanka, Africa, and so on. In the 1940s in America already developed about the type of therapeutic dance that has a function for healing. Dance therapy is a medium that has been applied, trained and has an association that has been certified for practice, namely (ADTA) American Dance Therapy Association (Dhanpy, 2021, p. 1). While in Indonesia dance therapy has not been developed much. The Cittaraga studio developed a dance for health using the term healing dance.

The term healing dance is used for the learning model in the hope that there is a more pleasant impression. The word Cittaraga is used as the name of the studio because there are two targets to be given to its participants, namely delivering education about healthy food and healthy body. The goal is that trainees in his

studio can perform movements focused on fitness, health and healing diseases with fun movements supported by consuming healthy foods with ingredients that can be made by students (Interview, Anggraeni, August 2023 in Bandung).

Not many people are aware of the function of dance for health needs so that dance is only considered as entertainment or as an aesthetic dish that can satisfy the eyes and hearts of connoisseurs. In addition, dance also has an educational function because the educational values in dance are very relevant to life for character building. In addition, what has not been widely studied is the function of dance for health, especially to help accelerate the recovery of non-communicable diseases. Not only that, it turns out that dance can also be a promising profession so that it can increase income in life. Dancers often feel fresh after dancing, but it has not been studied much why the body feels good and fresh.

The problem is that dancers do not know the science related to dance and health. *Menara Cittaraga* Studio which has been running for more than 7 years has proven and handled many health problems by doing dance movements sourced from traditional Sundanese dance. This is very interesting to study. Therefore, the research conducted tries to raise the following problems. First, Cittaraga Studio develops traditional Sundanese dance movements for the needs of body fitness, and health, and accelerating the recovery of a disease. Second, why Studio Cittaraga developed healing dance to be trained and applied to its participants. The purpose is to explain how Studio Cittaraga develops dance functions for healing needs and explain the driving factors of Studio Cittaraga in developing healing dance. The problem will be discussed using function theory.

While the method used is qualitative research method.

This research is the initial research that will be followed up in the future in collaboration with various sciences that support this research such as the medical science. In this initial study, researchers studied community groups with their activities in developing dance healing. This topic is very interesting and important to do because if the science has been found and recognized its validity will be beneficial to society. The object of this research has not been researched so that its originality can be maintained. Research method in this scientific paper uses a descriptive method with a case study approach. Descriptive research method is a research method carried out with the main aim of making an objective picture of a situation with a case study approach (Notoatmodjo, 2014) method of collecting data interviews, observations, documentation studies.

### **Metode**

The method used in this study is qualitative. where qualitative methods emphasize more on observing phenomena and more examining the substance of meaning in the phenomenon. The analysis and acumen of qualitative research are strongly influenced by the strength of the words and sentences used. Therefore, Basri (2014 in Wibisono, 2019, p. 1) concluded that the focus of qualitative research is on the process and the meaning of the results. The attention of qualitative research is more focused on human elements, objects, and institutions, as well as relationships or interactions among these elements, in an effort to understand an event, behavior, or phenomenon (Mohamed, Abdul Majid & Ahmad, 2010). According to McCusker, K., & Gunaydin, S. (2015), qualitative methods are used to answer questions about “what

(what)”, “how (how)”, and “why (why)” of a phenomenon, so this research is very appropriate using this method.

The stages carried out are literature studies, especially those related to the function of dance for health or for therapy. Furthermore, I conducted field observations both at the Cittaraga studio by digging for more information through interviews, with both to the direct owner, Dian Anggraeni and her husband who supported Dian’s steps. Furthermore, interviews and information mining were carried out on Cittaraga members who had benefited from the healing dance that had been created by Dian Anggraeni, this was done to explore the phenomenon studied.

## **DISCUSSION**

### **A. Dance Function for Healing**

Dance in Indonesia has existed since prehistoric times whose function is for ritual needs. It is done to ask for help, welfare, protection, exorcise evil spirits, drive away diseases, and even ask for healing to ancestral spirits. The dance movements that are raised are spontaneous movements that match the rhythm of his body with monotonous movements. Accompanied by internal music that comes out of the perpetrator’s own body both from clapping hands, stamping feet, and shouts from dancers and participants in the ceremony. It is understandable the emergence of spontaneity and improvisation in ceremonies because it is believed that the basis of gestures is a reflection of the internal emotions of the performer. The nature of the movement can affect the psychic so as to produce healing and growth (Herdiani, 2014; Levy, 2021; Dhunpy, 2021).

In Africa, dance is used as a means to facilitate healing trauma for women (Zanele, at al, 2020). Another opinion about

dance in African societies is that dance movements can improve life and health. Uniquely, in South Africa already has dance therapists registered with the government, they are already trained abroad. It is said that in recent developments there has been tremendous interest and progress in using dance and ritual in the service of collective healing (5).

In the 1940s in America already developed about the type of therapeutic dance that has a function for healing. Dance therapy is a medium that has been applied, trained and has an association that has been certified for practice, namely (ADTA) American Dance Therapy Association (Dhumpy, 2021). Dance therapy has the understanding that by using dance or movement as a psychotherapy based on the fact that the body and mind cannot be separated which eventually if used from the movements that are generated can be transferred to a positive new change so that it has the potential to provide healing and growth (Miller, 2021). Therapeutic dance movement is a knowledge that helps a person in accessing emotional depth and processing it physically (Miller, 2021).

In Indonesia, research on dance for therapy focused on people with mental disorders has begun to emerge today which has been practiced at the Magelang Mental Hospital (Febyolan, 2023). Other researchers concentrate on dance for healing needs for people with disabilities (Jajuli, 2023). Writings on the subject already exist although they are still rare. Researchers who are also dancers often find it helpful to move the body and dance when some parts of the body are painful. But the reason why it can be cured by doing dance movements has not been analyzed and studied in depth by experts.

Now this reason is starting to be answered because in Bandung there is

a studio that develops dance for health, namely the Cittaraga studio. This studio has compiled choreography aimed at the health of certain diseases, especially non-communicable diseases. The choreography developed is sourced from traditional Sundanese dance. The dance is designed according to the needs of the disease suffered by the survivor. Many people have benefited from the health dance they made. Among them are mothers who are in the home environment; at *Pesantren Bayt Al-Quds Soreang*; at XO Studio Arcamanik; at *Gelanggang Remaja Bandung City*; and some privately invite Cittaraga owners to come to the houses. From the many cases he handled through the healing dance he made and trained, he has proven that there is an increase in health improvement and accelerated the recovery of diseases suffered by survivors.

Dance in its development has undergone many changes, both in terms of function and form in accordance with the development and changes of the times. Lately, many researchers have begun to reveal the function of dance for therapy. This came about because several experiments conducted by artists in collaboration with teachers found models that could be used to help people with disabilities increase self-confidence. In addition, there are several cases of mentally ill people who can be balanced emotionally to help heal from sufferers. The results of experiments conducted by Studio Cittaraga in Bandung for more than 7 years, found traditional dance movements that can reduce and accelerate the recovery of several non-communicable diseases such as heart, osteoarthritis, lambun / maagg, cancer, hypertension, and others.

This can be believed because from some writings obtained information that



corroborates that dancing has important benefits for health. As explained in a blog, namely <https://www.alodokter.com/ini-7-manfaat-menari-bagi-kesehatan>, explaining 7 (seven) benefits of dancing for health.

#### 1. Maintaining Heart Health

Most likely many people do not know that dancing is very beneficial for maintaining heart health. When someone dances, the body condition is almost the same as doing cardio exercise. By processing the body and dancing properly and correctly, the heart rate will increase, so this will greatly help facilitate blood and oxygen circulation throughout the body. There is a study that states that people with heart failure who regularly perform Waltz dance experience an improvement in quality of life when compared to patients with heart failure who do not do sports or dance. Dancing and exercise both have health benefits, only different purposes.

#### 2. Improves balance and body strength

Dancing can improve the balance of the body. When dancing, the dancers are required to perform certain movements that will make the body to be able to adapt and maintain balance and posture well. In addition, if someone dances regularly can train muscle and body strength.

#### 3. Lose weight

Dancing becomes one option when someone wants to lose weight. Ideally, men or women generally want their bodies slim. Therefore, dancing regularly can help slim the body, but if the results want to be maximum, then the performance is balanced with a diet.

#### 4. Increase energy cash.

If a person feels tired quickly and lacks energy then dancing becomes an option to restore energy. This is because dancing can improve heart performance, and

facilitate blood flow and oxygen. That way, the process of energy formation will also increase, so it will not be easily tired during activities.

#### 5. Maintaining Cognitive Function

It is undeniable that as we age, human brain volume and cognitive abilities also decline. Therefore, dancing can help maintain cognitive function by maintaining and increasing volume, which is the part of the brain that stores memory.

#### 6. Coping with Stress

If someone feels the situation is stressful, then dancing is one solution to reduce or even eliminate stress. Dancing can help release the burden of distracting thoughts. When dancing, there will be a release of chemicals in the brain that help relieve symptoms of anxiety and depression.

#### 7. Become a means of socializing

When someone dances together or in a group, it can help socialize with many people, and even open up opportunities to meet new friends. It is associated with increased happiness, decreased stress levels, and a more awake immune system. This has been proven by many members of the Cittaraga studio.

### **B. The Formation of Studio Cittaraga.**

Cittaraga Studio was originally founded on the personal experience of its founder, Dian Renny Anggraeni who had been affected by several chronic diseases. Acute asthma, chronic ulcer, leaky kidneys. Armed with his dancing skills, yoga, and *tai chi*, he believed that these abilities would help cure his illness. Considering that treatment at that time was very expensive and the possibility of healing was quite long, Dian returned to herself. As a dance artist, she learned dance movements, yoga, and *tai chi* that she had learned until Dian discovered the technique of utilizing dance

movements in health. After studying, the results are astonishing. His breathing which was often shortness of breath due to asthma became relieved and free. This is felt after finding movements related to the lungs and other parts of the body. At first, being able to dance was just a skill that continued to be boosted without finding out the benefits of the dance. Finally, after knowing the benefits for health, the spirit is passionate about making the dance. So several dance healing movements were arranged (Anggraeni, interview, November 3 2023, in Bandung).

Dian studied dance for four years at Sekolah Menengah Karawitan Indonesia (SMKI) which has now changed its name to SMKN 10 Bandung. Likewise, he knew and learned *tai chi* when he studied at SMKI Bandung given by his teacher Soleh. Then deepened by learning *Tai Chi* directly. Temple in 1998. He also had time to study at the Indonesian Academy of Dance (ASTI) Bandung which is now turned into the Indonesian Cultural Arts Institute (ISBI) Bandung, but could not be completed because he was often sick and rushed to get a job. He also often does activities abroad so that a lot of lecture time is left. Another opportunity also came because he got the opportunity to work for a television station, namely Indosiar from 1997 to 1998. The high daily activity is quite draining energy and the mind makes his body condition disturbed. Activities that are quite time-consuming often pay less attention to health and food intake is careless and not balanced with the energy expenditure released by the body

In 1998 he was proposed by his sweetheart, Rubiantara Soedrajat until he decided to stop working and marry Rubiantara more familiarly called Andre in 1998. From her marriage gave birth to three

children. When his children were young, he had to struggle to maintain his health by having to go back and forth to the hospital. This felt very boring but there was no choice. At that time hospital financing was not cheap in the sense that it had to spend a lot of money. In this condition, Dian had a high enthusiasm for life and believed in herself that the pain she suffered would be cured. So she also tried to learn dance movements in detail because initially, she felt the benefits of dancing for her body (Anggraeni, interview,, November 3, 2023 in Bandung).

Her experience in the world of dance is quite long which is supported by learning *tai chi* is very helpful to fit her body. Dian continued to study by connecting *tai chi* with Sundanese dance which felt many similarities in function. Sporadically he learned a lot because he had invited various curiosity so he read a lot about Ancient Chinese medicine. From the insights he got diligently he wrote and composed traditional dance movements that were recorded in considerable detail with their usefulness. Her handwriting became an authentic source of Dian's process of discovering and piloting dance movements aimed at healing.

In 2006 Dian began to study yoga because it is known that yoga is also one of the methods to maintain and maintain health. She learned yoga in the Bukit Dago area from Dada Lila and Dada Mitra. Also from a yoga trainer from India for 3 days. Continued studying with Ibu Lundi (one of the yoga experts at that time in Bandung) for 1 month. After completing the training, Dian was asked to become a good instructor at the *tai chi* and yoga associations. Since 2006, Dian has been a yoga instructor and teaches it in various places. If you have spare time, especially at night, Dian is always built to

write down Sundanese dance movements that are connected to motion points and movement functions until little by little the benefits of these movements are found for body health (Anggraeni, Interview, in Bandung, October 2023). Andre, her husband, often stayed up at night and watched his wife pour out his ideas. He noticed the movements of his wife who occasionally moved and wrote it down like a person who was possessed by knowledge, did not want to be disturbed. Finally, his writings written in thick books have become a witness to his wife's strength in pouring out the fruits of her hard work (Andre, interview, November 3, 2023, in Bandung).

For his perseverance and diligence in learning, reading, and practicing traditional Sundanese dance movements that have been connected with acupuncture knowledge and knowledge of healing methods of ancient Chinese society, he succeeded in reducing the recurrence of his illness as well as accelerating the recovery of the disease that he had suffered for years. Not only that, she was also able to help those around her including her husband who was affected by heart disease at that time. With Allah's permission, the pain suffered by her and her husband gradually improved and no longer recurred often. This further strengthens him to further deepen the traditional Sundanese dance movements which are then selected and developed to become a new choreography that can be trained to its members (Anggraeni, interview, September 2023).

When he became a yoga instructor, in between times he gave healing dance movements that he made as a result of collaborating with Sundanese dance movements, *tai chi*, and yoga. Yoga trainees at that time felt different from other yoga because there were Sundanese

dance movements inserted. In addition to introducing Sundanese Dance, it can also explore and introduce its benefits for the health of the body and mind. Along with time, many people gave suggestions and input so that the movements he made and introduced as healing dance, were not given in yoga learning or training but had to stand alone to have independence, so he also accepted the idea from his friends to separate healing dance from yoga (Anggraeni, Interview, Bandung, October 2023).



Figure 1. Dian Renny Anggraeni owner of Studio Cittaraga Sedan demonstrates one of the gestures of motion using the properties of the bowl (Source: Een Herdiani documentation, November 3, 2023)

In addition to her hobby of developing and compiling choreography for healing dance, Dian also has another hobby of studying and making healthy foods to support the health of the body during healing by healing dance. So after a long discussion with her husband, the name Cittaraga came up which was then used for the name of her studio. The term *cittaraga* is inspired by traditional Indonesian dance, *Tai Chi*, Yoga, Brain Gymnastics,

and healthy food. *Ci-Chi* means energy or in Chinese is life force or spiritual power. *Ci-cai* in Sundanese means water. *Taraga* means to organize the body. *Cittaraga* means Energy like water or energy that flows without obstacles that have been arranged in his body (Anggraeni Interview, Bandung October 29, 2023). The *Cittaraga* name and logo were then patented through the Ministry of Law and Human Rights in 2015 with the number IDM000593668.

Studio *Cittaraga* is now independent to transmit its knowledge in the field of healing dance (dance for healing) and healthy food to support the acceleration of recovery from illness and healthy life. The dance movements made are given to the participants with a sincere and pleasant heart without any coercion. As the behaviors built in *Cittaraga* are (1) happy, (2) smiling, (3) grateful, (4) patient, (5) fasting, and (6) healthy. Studio *Cittaraga* now serves regular rehearsals at its studio, Jl. Yupiter Tengah IV No.1 Bandung, in Soreang, and at XO Arcamanik. Studio *Cittaraga* was established to help the people who are members of its studio by using traditional Sundanese dance movements to increase endurance and accelerate the healing of several diseases, especially non-communicable diseases.

### C. Training on *Cittaraga* Studio

In running her studio, Dian has the stages of Training at *Cittaraga* Studio which are usually done as follows.

1. Siteur (self-reflection) and breathing exercises.

Breathing exercises through the chest and abdomen. Breathing is the process of introducing oxygen into the breathing apparatus and removing carbon dioxide and water vapor. There are 2 types of breathing in humans, namely inspiration and expiration or expiration. The

inspiration phase is the contraction of the diaphragm muscle so that the diaphragm expands. Then stretched the ribs and the entire chest, and then shrugged. While the expiratory phase is the phrase relaxation diaphragm, the mechanism is through chest breathing and abdominal breathing. Chest breathing is breathing that uses the ribs of the sternum. The way the ribs are removed until the chest cavity is enlarged. While abdominal breathing is breathing using the diaphragm (Amalia and Suryani, 2019, p. 55) Deep breathing exercises have been shown to be effective in reducing generalized anxiety disorders, panic attacks and agoraphobia, depression, irritability, muscle tension, bulges, and fatigue (Davis, et al, 2009, p. 22; Syatoto, et al, 2018, p. 435). Thus doing chest and abdominal breathing is very necessary for lung health. Therefore, in Studio *Cittaraga*, breathing is a very important thing to do.

At the time of *tafakur* by doing breathing exercises are usually done in open spaces. The participants did not use footwear. The activity starts at 08.00 under the sun which at that hour contains Pro Vitamin D3 and ultra violet B. Ultraviolet B (UVB) rays from sunlight can help produce vitamin D3 in the skin (Grant et al., 2020; Muliani, 2021, p. 67). There are 2 forms of vitamin D, namely vitamin D2 (ergocalciferol) and vitamin D3 (cholecalciferol). Both are synthesized from ultraviolet (UV) radiation (Suryadinata et al., 2020). Vitamin D3 in addition to being produced by the body, is also obtained from supplements. UV B radiation converts 7-dehydrocholesterol in the skin into active vitamin D (Patwardhan et al., 2018; Fiannisa, 2019; Grant et al., 2020). The liver will convert vitamin D intake into 25-hydroxyvitamin D3 (25(OH) D3) while in the kidneys it will be converted into calcitriol (1,25(OH)2D3).



## 2. Warming.

Starting with the movement of the head directly to the neck, shoulders, hands, torso, waist, hips, knees, to the feet. Warming up is very important before dancing. Many dancers often ignore the importance of warming up because it is considered trivial. The important reasons for warming up include (a) increasing muscle temperature, (b) stretching and flexing muscles, (c) dilating blood vessels, (d) increasing blood temperature, (e) hormonal changes, (f) mental preparation. <https://student-activity.binus.ac.id/stamanara/2017/03/importance-warm-up-before-dancing/>. Other sources mention that warming up has the following benefits (a) preparing muscles to be used during dance practice; (b) increase heart rate; (c) increase body temperature; (d) improve blood circulation; (d) prepare the joints to perform the dance; (e) reduce the risk of injury, and (f) improve dance performance. <https://apki.or.id/manfaat-pemanasan-sebelum-latihan/>



Figure 2. Dian Renny Anggraeni with *healing dance participants* Preparing to warm up (Source: Documentation by Een Herdiani, September 27, 2023, in Bandung Regency)

## 3. Healing Dance.

Followed by dancing with choreography that has been arranged using the healing dance method. Healing dance is dancing

that makes the culprit feel happy, happy, carefree, and happy. Accompanied by music adjusted to body movements. And focused on healing or movements that nourish the body that are carried out dynamically.



Figure 3. Dian Renny Anggraeni performing a movement as part of a healing dance (Source: Dian Anggaeni's documentation, 2022, in Bandung)

4. Healing Therapy is doing movements according to the need for healing in one of the diseases suffered.

5. *Atsmasarapana* (full relaxation).

Doing full relaxation the participants were asked to lie down while closing their eyes. The instructor gave the words how we surrender to God no matter what happens to us. Accompanied by words of forgiveness, forgiveness, and protection. Relaxation is done for muscle and brain relaxation. Participants were asked to close their eyes with a soft relaxation music back should to support the silence of the atmosphere. At the moment of relaxation, participants are taken to transcend the subconscious mind and reach a moment of depth and complete mental tranquility. Muscles are invited to relax from the toe to the head, this causes the autonomic nervous system to look fitter and this will affect the psychic that begins to calm and comfortable. Reactation can

control emotions and depression; It can also improve interpersonal relationships with others, because with comfortable situations attract people to be comfortable being close to us and thinking more rationally. (Nurnaningsih, 2020, p. 21)



Figure 4. Participants in annexation  
(Source: Documentation by Een Herdiani,  
September 27, 2023, in Bandung Regency)

#### 4. Massaging

Massaging is done to relax the muscles of the body that have moved and to put the muscles back in place. Massage is done by fellow friends with techniques directed by the instructor. Self-massage is also given by the instructor. The massage itself is known as Self Myofascial Release. This is recommended to restore muscles. The instructor jointly directs to take turns massaging between friends. The points should be massaged with his technique while being done cheerfully so that it feels pleasant.

#### 5. Food therapy

One factor that can nourish the body is to regulate diet and healthy food. At the Cittaraga studio, Dian also makes and provides healthy food that she makes for therapeutic needs. At her house, Dian has a private café that is only provided according to the request of her client. The menu is tailored to the bookers who are adjusted to the disease they suffer.

### D. Basic Sundanese Dance as the Foundation of Healing Dance at Cittaraga Studio

As mentioned earlier, healing dance is a dance activity whose dance choreography is made for therapeutic needs. It is done happily or cheerfully, and happily supported by pleasant music. The movements are adjusted to the needs for healing and nourishing the body. The hope is that the perpetrators will get the benefits of being physically and mentally healthy. As expressed by Dian (in her notes) as follows. The basic postures and movements of healing dance are divided into four parts, namely the head, hands, body, and feet.

#### 1. Head

The head has two parts of the body that must be considered and moved, namely the head and neck. This part of the head is called the bridge of life.

The basic attitude of the head consists of:

- a. *Angguk* or *ungkleuk* involves the anterior (front) and inferior (bottom)
- b. *Nanggah* or *tanggah* is a superior base motion
- c. *Godeg* is the basic motion (like making an 8-sleep number driven by an eyebrow) is the basic motion of the left and right lateral rotation focused on the eyebrow.
- d. *Gilek* is the basic motion of the left and right lateral rotation of focus on the chin (such as making the number 8 sleep moved by the chin).
- e. *Dengdek* is a left-right flexion lateral base.
- f. *Ngalieuk* is the basic motion of the lateral rotation of the right-left anterior
- g. *Galier* is the basic motion of making a semicircular and straight curve driven by the chin. The benefit of doing basic head movements is to strengthen the neck muscles. Strengthening the neck

muscle is very important because the neck muscle is a part of the body with a complex anatomical structure. Therefore, the neck is referred to as the "bridge of life" because the neck plays an important role that allows the brain to communicate with the rest of the body.

In the neck, there are 3 (three) parts of organs that are very fatal ending in life, namely if cut, broken, and blocked.

#### 1. Hand

The hand consists of the upper arm, elbow, forearm, wrist, palm, and fingers. The basic motion posture of the arm is abduction such as flight movement is useful for flexing a stiff arm; flexing shoulder muscles, as well as strengthening arms and hands. The movements of the palms, fingers, and hands are as follows.

- a. *Nangreu* palms are erect, fingers standing pointing upwards with thumbs folded inward. The benefit of doing *nangreu* is that it strengthens the muscles of the hands and arms.
- b. *Keplek* the opposite of *nangreu* radius perpendicular pointing downward. The benefit of doing *nangreu* is that it strengthens the muscles of the hands and arms.  
The hand consists of the upper arm, elbow, forearm, wrist, palm, and fingers. The basic motion posture of the arm is abduction such as flight movement is useful for flexing a stiff arm; flexing shoulder muscles, as well as strengthening arms and hands.
- c. *Meber* The palm facing the front fingers stretched facing the front benefits strengthening the muscles of the arms and hands.
- d. Straight empty ngiting: thumb pressing the middle finger benefits reducing ear disorders, vertigo, tapered, and

numbness of limbs. Stop doing it if it doesn't hurt anymore.

- e. Little finger *cai* the tip of the thumb touches the little finger. Moving this benefit is to prevent dryness of the eyes, mouth, skin, and digestion, constipation, regulate the menstrual system, anemia, joint degradation, improve the sense of taste, and refresh.
- f. *Ngruji* middle finger, ring finger held the other thumb straight. Its benefits help the body to release impurities and toxins.
- g. *Hari* the index finger touches the base of the thumb while the middle and ring fingers are held by the thumb, and the pinky remains straight. The benefits are heart, gas, and heartburn.
- h. *Sembada* benefits from being stable and calming.
- i. *Tumpang tali nangreu, tumpang tali keplek, tumpang tali ukel, sembada kembar, and lontang kembar*. Its benefits are to rejuvenate, strengthen, and strengthen the whole hand and hand.

#### 2. Body

The body is divided up, shoulders, back, lumbar/torso, pelvis, and coccyx. Gestures consist of:

- a. *Gigibrig* is a shoulder motion that is raised and dropped with fast volume.
- b. *Birigidig* is a shoulder shimmer that is lifted one by one alternately.
- c. *Fleksi* is a forward body bending movement
- d. *Ekstensi* is a perpendicular movement.
- e. *Hiper Ekstensi* is a backward body movement.
- f. *Rotasi* is a motion of the body shifting to the angle rah (oblique)
- g. *Lateral* is a sideways body movement.

The benefits of basic body movements can rejuvenate joints, nerve muscles, and bones.



### 3. Foot

The foot consists of the upper leg or thigh, knee, lower leg, and foot.

- a. The basic footwork posture benefits is to strengthen the legs, train body balance, and train concentration.
- b. *Calik deku tiptoe sitting posture, calik deku pahlanan*, this is can balance the spine, and stabilize the legs and breathing. And armpit and maximize blood to the brain
- c. Pose *calik sila lonjor, calik jungkit*, pumping a stream of lymph rubber towards the neck.

The basics of Sundanese dance movement attitudes have very good benefits for health, From these basics, Dian developed healing dance to give birth to healing dance works that are tailored to the needs. For example, to accelerate the recovery from osteoarthritis, heart, hypertension, and ulcers, overcome anxiety before and after chemotherapy, and others. Several cases whose testimony can be seen on IG Dian Cittaraga's social media stated that health continued to improve after participating in a healing dance at Studio Cittaraga.

Before the COVID-19 incident, Cittaraga had choreographed a healing dance performed in water. Dian mentioned that "health actually leads to fitness. Through taste, diving at the deeper point meets the door "atma". Atma is pure consciousness capable of knowing God. This means that the movements made to know the creator are felt very closely, because God has given everything to man. The body is a gift from God which in its care is left to each of them. When the body is recognized, understood, and understood, it will certainly be able to control and control itself. By dancing one of them.

### CONCLUSION

Studio Cittaraga was founded by Dian Renny Anggareni in 2015 using the healing dance method taught in her studio. The basic dance movements of traditional Sundanese dance are the basis for making healing dance. Movements are arranged according to needs. Each dance is always intended for healing and there are emphases on one of the diseases she wants to cure, for example, Dian made a dance entitled *Beksa Camana Enzymatic*. This dance is a body bate at the point of the earth, a bridge of the earth, and knee immunity with massage pump techniques to attract biologically active substances, hormones, and all nutrients drawn into knee fitness. The movement is done by patting on some parts of the foot like hitting a drum but being hit on the foot. The basic motion is focused on the points of the intended lymphatic pathway or its therapeutic path and the form of the complaint. Thus the dance is made the purpose to be able to alleviate and accelerate the healing of one disease.

The factors that encourage Cittaraga to make healing dance are, as follows.

1. Helps relieve and speed up recovery from a person's illness;
2. Healing diseases done by oneself, because the healing dance Cittaraga method is to return to oneself and both learn to know one's own body;
3. Heal the pain suffered by a person by dancing and done happily and happily so that it is not boring.
4. Can help people in need, especially people who are less fortunate so that they can alleviate the disease suffered by relying on their own body.
5. Raising and introducing traditional Sundanese dance to the wider community and utilizing it for health and healing.



6. Encourage healthy living by dancing and eating healthy food.

Studio Cittaraga activities continue to run and innovate to continue to carry out activities for humanity. We are campaigning for a healthy and happy life. This research is still largely untouched, therefore it still needs to be elaborated and carried out further studies that are more focused on the study of healing dance forms and the impact felt by Studio Cittaraga members. The dance forms that have been compiled by Cittaraga are numerous, therefore research must continue.

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