

Connections

5RHYTHMS[®]

workshop with

Willemijn de Dreu

Kraków, Poland

Oct. 16th - 18th



Connections

My tribe is in the heartbeat of all things. Luka Bloom

Being alive is being connected. From the moment we are born, we arrive into a web of different relations with self, with others and with the bigger tribe. Along the path, for different reasons, we disconnect. And then we hold our breath, we close our loving heart, and our mind is filled with worries.

Dancing the 5RHYTHMS is a simple and joyful way to reconnect. It is a pathway to arrive in the body, to soften the heart and to empty the mind. From there you can explore the different relations you have in life; dancing in connection with the self, with others and with groups.

Some of us are really at ease with themselves; some of us rather never dance alone. We all have our qualities and obstacles. This weekend will give you a deeper understanding where you are at the moment and how you can weave your dream into the bigger web.

Let's connect. For all our relations.

5RHYTHMS dance workshop with Willemijn de Dreu



Willemijn is a well loved teacher in many European countries. She's a passionate dancer and a fiery yet grounded woman. She's known for her playful creativity to get people moving and her light way of guiding them into deep process. Beside dance she's inspired by and trained in: Systemic Ritual, shamanism, theatre and body therapy. In 1998 she's accredited by Gabrielle Roth to teach Waves and Heartbeat in 2005.

www.dansendhart.nl

*The 5RHYTHMS are a dancing path to healing and freedom.
Flow, staccato, chaos, lyrical, stillness
forms a Wave of movement and energy.*

www.5rhythms.com

dates: October 16th - 18th, 2015
friday (open Wave) 7.30pm - 10pm
saturday (workshop) 10am - 5.30pm
sunday (workshop) 10.30am - 5pm

costs: friday's open Wave €19
early bird €105 / full workshop fee €138 (early bird available till Sept. 9th)
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contact:



www.5rytmow.com