



5RHYTHMS[®]

CYCLES

an advanced 5RHYTHMS[®]
workshop with Jonathan Horan

Kraków, Poland
July 8-12, 2015

CYCLES



'Jonathan's teaching is an amazing mix of honesty, humor, humility, vulnerability and fearlessness. He infuses the work with a depth that often takes my breath away. A gentle warrior and, truly, a wounded healer, he has one of the biggest hearts I've ever met. He grew up in the womb of this work, inhaled its essence and now exhales it effortlessly in his life, his work, his dance. He is both my most devoted apprentice and my most profound teacher.'
Gabrielle Roth

My love for this workshop runs deep. Its teachings have inspired me to love, respect and nurture the child, teenager, the grown-up and the elder in everyone I meet. Embracing the child and elder within us will be a deep part of our journey. They represent our innocence and wisdom, both of which are essential for our healing and the healing of our planet. We need to retrieve these voices from deep within us and make them heard in the world around us. This work is a calling to honor where we've been and where we are going as we make medicine out of missing pieces. Together we can feel and intuit our way home, through our roots, back to our centers.

Jonathan Horan

date	July 8-12, 2015
location	Poland, Kraków , Malopolski Garden of Arts, Rajska str. 12, www.mos.art.pl
registration	Gabriela Kramarczyk, gabriela@5rytmow.com tel. +48 602135999 www.5rytmow.com
costs	PLN 1125 Early bird until March 16, 2015: PLN 990
prerequisites	Waves and Heartbeat this workshop counts as five days of Cycles towards the teacher training
more info	www.5rytmow.com www.5rhythms.com