

Embodiment

5RHYTHMS® AS DAILY PRACTICE

A Heartbeat and Waves Level Workshop

Led by Alain Allard

16th-18th November 2018

BRUGES

5RHYTHMS®



Embodiment 5RHYTHMS® AS DAILY PRACTICE

Once we begin to attend to the rhythms of the body then we begin to hear more clearly the rhythms of life. The voice of the heart and gut intelligence call as loudly to us as the trees in the wind, clouds in the sky and the passing of seasons. The habits of dulling our creative response to Life's unfolding by numbing down and overthinking are a reversible product of our conditioning. We have learned to stop listening, replace being with doing and seeing with judging.

The 5Rhythms® practice is a simple, dynamically powerful moving meditation practice that can help us wake up to being, feeling and seeing the world and the preciousness of Life with the creative wonder that we were born with. In this workshop, we will work with many of Gabrielle Roth's simple and powerful Maps to regain physical and emotional presence and greater fluidity. The more we can learn to simply move what we experience the more able are we to actually be present and so live fully and be creative.

* The workshop counts as Waves and Heartbeat hours towards the 5Rhythms® Teacher Training.

Dates: 16th-18th November 2018

Friday evening: 7.30 - 9.30pm

Saturday & Sunday: 11am - 6pm / Sunday 11am - 5pm

Location: Bloso Sport Vlaanderen

Nijverheidsstraat 112, 8000 Brugge

Price Friday evening: 25€

Workshop price: 170€ if paid before 1st October 2018

210 € after 1st October 2018

Information and Bookings:

Katrien Mazijn / registration@5ritmesbrugge.be / 0032/495247204

www.dansjegevoel.be - www.5ritmes.be



Alain has been working with the 5Rhythms® for the last 25 years and for the last 19 has been regularly teaching them in different countries, continents and contexts.

He is a fully licensed therapist and a gifted humorous teacher accredited by Gabrielle Roth to teach the Waves, Heartbeat and Mirrors level Maps of her work. He is a Faculty Trainer for the 5Rhythms® Teacher Training programme. His workshops in the Perspectives Series can be substituted towards additional Mirrors requirements for the Teacher Training.

Full details of this available from 5RGlobal.

www.movesintoconsciousness.com

