

EXPAND

with **VEHLLIA TRANNE**
Bruges, Belgium
June 3 - 5 2022

 **5RHYTHMS®**

EXPAND

With Vehllia Tranne



In the last couple of years and relentlessly still in these days, we have been put under so much pressure and challenges in our lives that made our daily existence contracting and our bodies shrinking under a constant barrage of events.

The opposite of contracting is expanding. These actions are normally both happening on our body constantly. Our heartbeat, our breathing are making our blood flow and oxygenate our tissues, keeping us alive. And inevitably in our lives, we also have moments when we reach out and moments when we want to curl in and avoid the world. Somehow this is what keeps us alive as well. But definitely we experience much more contraction, and release and expansion are necessary for a healthier existential balance.

Embracing the moments when we go inside and we need to be just with ourselves, and the moments when all we want to do is share with others are absolutely the best things to do. Like Yin and Yang, the complimentary existence and actions of the opposite is what brings equilibrium to the whole.

In this workshop we will focus on the expansion. For some of us, it is very difficult to open and explore what's outside and for some of us, to be over-expanding can be a way to avoid exploring our inside.

Expand inside and expand outside. Step over the boundaries and limitations we have been imposed and the one we created ourselves. Finding what's unexplored in our innate world and treasure it, letting *Flowing* to teach us how to be part of a community from the inside, creating a *Staccato* message, clear and sharp to the outside, entering in the ever surprising *Chaos* of our existence, to naturally expand in our *Lyrical* true being, to rest and connect with the Universe in a moment of *Stillness*.

A journey focused on the expansion of ourselves, giving permission to find and become our own joy and to dance it all together in our own unique way. To Expand behind any border, any limit and any wall that are keeping us to fully appreciate the mysterious gifts of our existence.

"In Lyrical, we seek truth about both ourselves and our mission here on this planet. Again and again we must reach into the unknown, mysterious part of ourselves, eliminating all resistance to the creative process of self-discovery and developing the discipline to be a free spirit." - Gabrielle Roth, *Sweat Your Prayers*

Dates:

Open Wave 3 June 22
19:30 - 22:00

Workshop 4 - 5 June 22
11.00 - 18.00

Venue:

Barrièrestraat 15/17
(Onze Lieve Vrouwe, Inrit 2)
8200 Brugge, Belgium

Cost:

Open Wave: 25€
Early bird: 155 €
Full Price: 180 €
Early bird price until 8 may 2022

Bookings:

Katrien Mazijn
registration@5ritmesbrugge.be



Vehllia Tranne is a Certified 5Rhythms® Teacher Accredited by 5RTA (5Rhythms Teachers Association) for Waves, and in training for Heartbeat level. She is Co-Founder of The City Waves™ San Francisco, Yoga Teacher Certified by Yoga Tree SF, and initiated into the tradition of stick divination of Dagara people. Vehllia has been celestially dancing before even learning to walk. She was born in Java, around the Ring of Fire, proud of her mixed heritage and dragon powers. She is a passionate healer, courageous shapeshifter, compassionate community leader, loyal partner and natural teacher.

After spending all of her life seeking for inner peace and a clearer purpose traveling through and living in many countries, weaving both Eastern and Western cultures, she was guided to transform her life to a more spiritually based existence by a chance encounter with the 5Rhythms. This magical cosmic convergence rocked her world, igniting and inspiring her renewed passion for dance as a tool for self-discovery, healing and transformation. Her connection with her volcanic ancient ancestral land is evident in her grounded powerful flowing and it's a sacred gift for all of us.

Vehllia's teaching style reflects her spontaneity, her sincere love for life, and her mesmerizing voice body, expressed beautifully in her inspirational dance offering to anyone interested in a deep transformational exploration of self through moving meditation. She is largely inspired by nature and the elements, and infused her teaching with intuitive shamanic lineage from both her maternal and paternal ancestors. She currently resides in San Francisco, teaches around the Bay Area and around the world. All of her class and workshop hours count as Waves on the 5Rhythms Dancing Path towards Teacher Training.

For more info about Vehllia:

<https://www.TheCityWaves.com/>