

CREATIVE IMPULSES

5 RHYTHMS DANCE WORKSHOP level Wave® and Heartbeat®

The Rhythms can give birth to your movement and bring your movement into your life. Your breath can become the soil of your creativity and the movement can become the source, the creative impulse to explore, improvise, inspire.

Creative impulses is a workshop where you can let the pulse be your compass and the body your map through the 5Rhythms®.

A place to explore, experiment, listen and give to ourselves all permissions with the dances. It's a unique field of exploration.

This course is for anyone who already has a movement practice or/and who has already completed a 5Rhythms dance course.

The number of participants is limited.

Workshops with Marc count towards the prerequisites of the 5 Rhythms® dance teacher training.



Marc Silvestre is a certified 5 rhythms teacher level wave® and Heartbeat® and an official Coach from ICF (International coach federation) .

Dance : Marc has started to dance in 1995 after many years of martial arts. He has participated to lot of performances and contemporary dances. In 2002 he discovered 5 rhythms dance. He followed the training in USA with Gabrielle Roth and her team. Since 2011 he leads classes and workshops in France, Suiss, Belgium, Lithuania etc...

Coaching : Invited by coachs teams to create movement propositions in the corporate world, since 2013 Marc has brought, through the 5 Rhythms map, a new way to understand managing practices. He has trained also at the Coaching Ways school certified ICF, to complete his knowledges in coaching.

Ressources : He has created a program called RESSOURCES for professionals who want to bring the movement in their practices.

Contact Katrien : registration@5ritmesbrugge.be

Open wave Friday : 19h00 - 21h30

Workshop Saturday/Sunday 11h / 17h30

Venue Barrierestraat 15/17 8200 Bruges

Cost: Open wave : 25€

Workshop: Early Bird 180€(booking before the december 12) - Full price 200€



www.marcsilvestre.com