

FLOWING in these times of great Changes – what does it take?

In this workshop we will focus on The First Rhythm – Flowing – to realize what it takes to flow – even when our lives are challenging, difficult in various ways and much is changing.

So we will work with Grounding and Presence in our bodies, and through that realize our Power and Strength to stand for who we are and from that space be able to flow whatever happens.

We will of course dance all the rhythms through many waves since the whole energy cycle is always needed to process our life energy.

The 5 Rhythms Dance practice is a perfect tool for providing the exploration of ourselves and of our life energy in all aspects of life in the moment. Every rhythm offers an opportunity to experience different qualities of our life energy in relation to who we are, and altogether a wave /all 5 rhythms give us a rather complete opportunity to relate to all that is relevant for each and one of us at the time being.

I look much forward to be and dance with you all.