

**Expression** – the way to see and realize who I truly am and what I am longing for.

The main theme in this workshop will be the second rhythm, called Staccato.

It gives us the opportunity to express whatever we have in us - thoughts, feelings, states of being and charged energies like emotions - **as dance**, in our own way.

And to me everybody are perfect dancers in their own individual way, even if they have never “danced “before.

Here we will look to discover what expression is all about and the importance of it. Without expression we hold back a lot in our bodies and systems/beings which is a burden to us and creates stress.

And of course, we will dance all the rhythms in every wave, the whole energy wave is always needed.

I look so much forward to be with you all again.

Welcome to the dancefloor