

# Presence and Freedom

To discover who I truly am and then find Peace, Love and Joy in my life.

In these times of great change and transformation here on Earth the ability to be **present now** is primal. And because of the raise in consciousness that has happened since 2012, it is more accesive than ever. Being present with higher consciousness gives us the possibility to choose who I want to be now, how to respond to the moment, not as usual from my programmed mind, but more from my heart and awareness.

On the dancefloor we can experiment with this, choosing how we want to move, who we want to make contact with, choose not to make contact because it does not suit my state of being now, choosing to express something I have held back a.s.o. And what we experience on the dancefloor we can take with us in our daily life and continue our exploration in our living situation. This creates **Power** and **Courage** because we learn how to more and more become true to ourselves, to who we have come here to be. And this opens us up to experience **Peace, Love and Joy** in our lives.

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.

In our first workshop we will focus especially on the first Rhythm called **Flowing**. This rhythm represents the earth element. So we will be present in our bodies which belong to the earth element, to discover more about how to be more deeply grounded in them (our bodies), how we can be aware of and more profoundly connected to earth and nature and dissolve the separation we may have felt here. - And if I allow my body to move freely in my own way, how will it then generate energy and maybe even find new accesses to vitality and strength.

And we will of course dance all the rhythms in waves throughout the whole workshop otherwise the wholeness is lost.