

Creating Unity Within

Our main focus in this workshop will be The 3rd Rhythm which Gabrielle called **Chaos**. Having activated the first 2 rhythms in our body, Flowing (yin) and Staccato (yang), these two energy qualities in our life energy will seek to meet and merge, and Gabrielle discovered how to make this happen as dance. Creating this way of moving in our own individual way, gradually unify all opposites within, and we enter what I call the Unified Field within which is The 4th Rhythm which Gabrielle called Lyrical.

But in this workshop we will look particularly at Chaos, what happens in Chaos and why it is SO important in our daily lives to trust our natural inherent ability to handle and go through smaller and bigger challenges. In this way our dance can be a great teacher in how to handle challenging situations in our lives.

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

I am so happy to welcome you again to Taraska, this wonderful place where we get the opportunity to open our hearts, if we want to, and meet in such a supporting space that we create together.

I look much forward to be with you there.