



Deep and joyful dancing 5Rhythms®

Saturday workshop March 11th 2017 from 11AM - 6PM with Birgitte Rasmussen



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Mini workshop Saturday March the 11th from 11am-6pm

Venue: M2Tango studio, Kappelvej 46C, 2200 København

Information and registration:
dans5rytmer@gmail.com
Mobile: +45 26 271 471

Prize: 650 kr/550 kr (v/ unemployed or student), there is 'early bird': 500 kr/ 400 kr, if you pay before February the 20th 2017

Facebook: search for 'Deep and joyful dancing 5Rhythms' in the Facebook group '5rytmer'

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Do you know how to surrender into deep joy? Do you know how to hold and embrace the openness and joyfulness, you find in your dance?

On this Saturday we will deepen our dance, getting to know how to use the map of the 5Rhythms in a deeper and more profound way. Small changes in our dance and movements can change the depths of our expression and the openness of our body, heart and mind - dancing alone, with a partner or in a group.

5Rhythms "is the art of inspiring people to turn themselves inside out, transform their suffering into art, their art into awareness, and their awareness into action". Gabrielle Roth, www.5Rhythms.com



www.dans5rytmer.dk

