

Letting go



Led by Adam Barley (UK)
Produced by Ron Hagendoorn
5Rhythms® Heartbeat workshop
May 15 and 16, 2010 in Rotterdam

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Letting Go 5Rhythms Heartbeat



Adam Barley has been teaching the 5Rhythms for over 16 years. His style is clear, open hearted and high energy.

It's the most positive thing we can do - trusting ourselves enough to keep letting go. Life moves on any-

way - we get older, we lose people, places and dreams whether we like it or not, and if we hold on in our hearts, we become burdened with our past, leaving less and less space for the new. In this workshop we explore the dynamics of letting go through the 5 Rhythms, giving our heartaches and loves to the dance. We investigate the feelings that come with this, allowing our fears and furies to breathe, so that grief can be the powerhouse it truly is, washing us clean so there is space for joy and compassion. We exercise the muscles of holding and releasing so that we have more choice, remembering how to surrender to the endless river that flows through us so that our life story can come through and surprise us again with new creative potential and growth.

Fact sheet

Workshop	Letting Go - 5Rhythms® Heartbeat
Teacher	Adam Barley (U.K.)
Location	Rotterdam (next to railway&underground)
Dates	Open Waves evening: Friday May 14, 2010. Workshop: Saturday and Sunday may 15 and 16, 2010
Times	Friday evening 7.30 - 10 PM Saturday 11 AM - 6 PM Sunday 11 AM - 5 PM
Price:	Open evening: €20,- (pay cash at the door; booking not required, e-mail us and you'll receive the address). Workshop: €155,- if booked and paid before March 15, 2010. €170,- if booked and paid thereafter.
Service	After your booking you'll receive detailed information about accomodation and travel suggestions.
Bookings	Call Ron Hagendoorn +31 10 7370270 or email ron@5ritmes.nl. A minimum of 12 hours experience in dancing 5Rhythms is required to take part.
Website	www.ronhagendoorn.com

