

5 rytmow  
wakacje 2010

zaawansowany warsztat wyjazdowy (Heartbeat)  
na magicznej wyspie na Mazurach

Jedno serce

prowadzi:

Adam Barley

22-28 sierpnia 2010, Mazury



## One Heart residential Heartbeat workshop with Adam Barley 22-28 August 2010, Poland

There's really only one problem - how we respond to our own fear. And there's really only one solution - to love. Yet how? How do we fall in love with love, over and over again? How can we find the courage to feel our fear, and move through it anyway? How can we find the integrity that lies at the heart of our anger? How can we let go deeply enough that sadness washes us totally clean? How can we bring joy to a world that has so much invested in being cool and clever? Where can we find the compassion in which all our wild and crazy feelings find their resting place?

Moving through the 5 rhythms we constantly explore these questions, making the journey from frozen fear to the courage to love. At this time, as the structures of our world are breaking down in so many ways, we need each other more than ever - to break down the real walls, within and between us. In the heat of the dance let's sweat our stuff, let the spirit of all things take us through whatever is holding us back in life, to find the place where we are one dance, one voice, one heart.

**Date:** 22-28 August (we start on Sunday at 6pm and end on Saturday at 1 pm)

**Venue:** Brzozowa Kepa (Birch Island) Kretowiny close to Morag, Mazury, Poland

**Price:** 1250 PLN (312 EUR) (when you will pay deposit till June 15<sup>th</sup>) 1500PLN (370EUR) after June 15<sup>th</sup>

**Food and accommodation:** 500 PLN- 880 PLN

**Deposit:** 350 PLN (90 EUR) please send till June 15<sup>th</sup>(in PLN!!!)

into bank account number: 68 1140 2004 0000 3902 4658 0846

**Company name:** Centrum Dobrego Samopoczucia, Kinga Piszczewska

**Company address:** Danilowskiego 42, 01-833, Warszawa, Poland  
**Bank name:** BRE Bank S.A. INTERNET BANKING  
**Bank address:** al. Pilsudskiego 3, 90-368, Lodz, Poland  
**IBAN:** PL 68 1140 2004 0000 3902 4658 0846  
**BIC/SWIFT CODE:** BREXPLPWMBK  
**SORT CODE:** 11402004

**IMPORTANT: please pay the deposit and the rest in polish zloty!!!**

Prices in euros are approximate, calculated according to exchanging rate 1EUR=4PLN

**Cancellation policy:**

if you cancel till June 15th we will give you back your deposit minus administration costs (50PLN)

After June 15th deposit is nonrefundable (unless you will find someone on your place who is not on a list yet)

**How to get there:**

**Last year we found places in participant's cars for all foreigners and it's the easiest way to get to the place. So if you need a place in a car please let us know.**

**By public transport:**

**Closest airport is Gdansk** from there you can take train to Morag (2-3 hour) and from Morag bus to Zabi Rog (15 min) and from there we can pick you up

**If you come to Warsaw Airport** (which is 5 hour train trip from Morag) there is a chance that we will find someone who will give you place in a car, and a journey will be much easier :) If you are interested in this option please let us know!!!

**By car:** Please let us know from where you will go, we will try to find the easiest and fastest way for you

See the map on our website: <http://5rytmow.pl/warsztaty/warsztat/9>

**Accommodation:**

We will stay in 4-5 persons wooden chalets.

4 person chalet has two double bedrooms, one bathroom, living-room and fully equipped kitchen

5person chalet has two double rooms (one with double bed), one single room two bathrooms, living-room and fully equipped kitchen.

apartments are in the building above dancing room overlooking the lake and they are perfect for couples

**Prices of food and accommodation:**

Double room in 5 persons chalet- 500 PLN

Double room in 4 persons chalet- 540 PLN

Double apartment 540 PLN

Double big apartment 600 PLN

Single room in 5 persons chalet- 650 PLN

Big double room as single- 880 PLN

Price includes 6 nights on the island and two fantastic vegetarian meals everyday- breakfasts you can prepare in fully equipped kitchens.

**Contact:** [info@5rytmow.pl](mailto:info@5rytmow.pl)