

YOU, ME, & US

Gabrielle Roth's 5 Rhythms®

mit adam barley

oct 8-10

berlin

YOU, ME & US

The 5Rhythms® are a radical and vibrant movement meditation, a powerful toolkit for change and growth that takes you all the way out to your edge, and drops you into your center. In this workshop we use the rhythms to study the fundamentals of relationship – how to be with yourself, someone else, and a group.

Can you be at peace in your own company, or are you on edge, needing someone else's attention? When you're with someone else do you usually lead, follow or jam it? Do you act nice or stay in control at all costs? Do you trust yourself enough to open up and be vulnerable with others? When you're in a group of people do you hide out or barge in? How do you find your place and fill your role? Do you know how to change things when you want to?

The 5 Rhythms are in the end a pathway to love, from love, with love. The body tells the truth, so we get to see what we're up to, but being physical is also the fastest way to let go, move on and explore new pathways. And the wonderful thing about it is, you don't have to think too much about it.

Move, breathe, pay attention, and be open to changing. It's enough.

previous participants:

"I healed some very deep stuff that I'd been carrying around for years."

"thankyou for such a beautiful, clear, challenging and safe space"

"exquisite, fine, powerful teaching"

When: 08.10: 19-22h / 09.10: 11-18h / 10.10: 11-17h

Where: Gotischer Saal, Berlin-Kreuzberg

Cost: 150 € bis 05.09.10, danach 175 €

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Adam trained to teach the rhythms in '94, had a later period of five years mentoring with Gabrielle to teach the Heartbeat 5R map, and was part of the Heartbeat training '05-'07.

"My teaching style is clear, high energy, and I hope inspiring. I don't believe we have the time to mess around pretending that something is happening if it isn't, or vice versa, yet I've spent enough time in the shadows to know how precious it is to enjoy life, and to have compassion for most of what turns up on the dance floor."



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