



waves and the movement of emotion

a 'Moves Into Consciousness' HEARTBEAT LEVEL 5Rhythms® WORKSHOP
led by ALAIN ALLARD in OSLO, Norway October 2010

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A 5RHYTHMS INTENSIVE led by ALAIN ALLARD October 6th - 10th 2010

Like it or not we feel and we feel deeply. We tend to categorize our feelings as "good" or "bad" and then analyze, select, repress or find some way to think about them, exaggerate or numb out to them.

"Emotions" become a mine-field of perpetuating stories, endlessly retold; reinforcing stale habits and tired old patterns of being.

The 5Rhythms is a dancing practice which reconnects us to our body and the physical reality of energy in perpetual movement.

At the "Waves" level we re-member ourselves as grounded fluid beings. Deeply and innately creative we can transform our experience into every day art. The maps of this work provide sufficient structure to guide us to relearn simply how to move and be moved.

At the "Heartbeat" level we take this physical fluency and focus on the different energetic movement qualities of fear, anger, sadness and joy. With our bodies as the vehicle of exploration we investigate the movement cycles of these universal human feelings, studying ways that they naturally come and go in our bodies. exploring how we might move with rather than react to this aspect of our life force.

In learning the movement of feelings we practise remaining present, fluid and free. Putting our bodies into motion, Wave after Wave we dance ourselves into greater release. The more we can learn to simply move what we experience the more we are able to actually be present and so live fully and creatively.

Alain Allard is accredited to teach Waves, Heartbeat and Mirrors levels of the 5Rhythms®.

His practice of the 5Rhythms is grounded in disciplined physical roots in dance, theatre and martial arts; his clear, supportive and focused workshop style developed from consistent, regular teaching internationally.

He is a UKCP registered psychotherapist with over 18 years experience of catalyzing and supporting intentional change with individuals and groups in a variety of settings.

Venue: Scenehuset, Bogstadveien 49, Majorstua, Oslo - Norway

Hours: Doors are open from 18.00 on Wednesday for registering, changing and "landing" in the room. Thursday through Sunday doors open at 10.30.

Dancing: Wednesday 6 October, 7 – 9.15 pm (Start of workshop and Open Evening) Thurs-, Fri-, Saturday 11 am – 18 pm. Sunday 10 October, 11am – 5pm.

Cost: Open Evening Wednesday only – NOK 250 (Euro 30) Workshop Wed-Sun Total NOK 3200 (Euro 390) Deposit NOK 500 (Euro 60).

To Book: Please send an e-mail with your name, address and phonenumber to Kristin Skåre: kristin(at)dans5rytmer.no or an SMS to (+47) 996 19640 and application is by paying a non-refundable deposit NOK 500 (GBP 52). The rest of the workshop fee is to be paid within three days of the workshop starting.

Banking details: Postbanken, Alain Allard, bankaccount 05391452549. IBAN-number: NO02 0539 1452 549. BIC-adresse: DNBANOKKXXX.

