

# 5Rhythms® HeartBeat

with Jonathan Horan in Brugge, Belgium



**September 23. - 25. 2022**

Open Evening Class Sep 23. - 7 pm - 9:30 pm

[www.dansjegevoel.be](http://www.dansjegevoel.be)

 5RHYTHMS®

**Jonathan Horan September 22 in Brugge, Belgium**

## 5Rhythms® HeartBeat

Let's take the time to stop the world and pay attention to our hearts. One of the single-most powerful acts we can do is to share our vulnerability. The more we open up and dance through our feelings, the safer the environment becomes to explore our edges. These dances will be our offering to the bigger world. They will be our prayers for peace.

Feelings live in our body parts, and when we shine the light of our attention on specific parts, memories crack open and move, dissolving the hard hold they have on us. Shapeshifting through feelings as they come up will open us up to their messages, their symbols and their signals. To befriend our emotions, to not be frozen by fear, is our destiny on this dancing path. When we start to feel uncomfortable, it's a challenge. A challenge is an invitation to move from who we are into who we are becoming. The bigger the fear, the more important it is for us to face it. It's not just a stoplight, it's a huge road sign: COME DANCE WITH ME.

**Jonathan Horan** is Gabrielle Roth's son. He is the Executive Director of her international institute, 5Rhythms Global. Jonathan has been immersed in the 5Rhythms practice throughout his life and continues to be a key catalyst in its evolution. He is a member of the core teaching faculty of both training and advanced work and teaches workshops of all levels around the world.



**September 23. - 25. 2022**

Friday 23. (Open evening Class) is recommended as part of the workshop but not mandatory.

Friday 7.00 pm to 9.30 pm (Open Evening Class)

Saturday 11am to 6.30 pm

Sunday 11am to 5.30 pm

**Venue:** OLV ziekenhuis, Barrièrestraat 15/17, Inrit 2, 8200 Bruges, Belgium

### **Price / Payment:**

Open evening: 40 € (35 € early bird till September 1st)

Workshop: 220 €- (180 € early bird till September 1st)

We offer a 15% discount of the full price for 5RTA members (Trained 5R-teachers) and Concessions: 10% for students under 30, over 65 and Eastern Europe dancers

**Contact / Booking:** Please send an e-mail with your name, address, phone and relevant 5Rhythms workshops you did to email: [registration@5ritmesbrugge.be](mailto:registration@5ritmesbrugge.be)

**Prerequisites:** Participants are required 5Rhythms® waves experience. All workshop hours contribute to 5Rhythms® teachers training prerequisites.

**More information times, travel & accomodation:**

[www.dansjegevoel.be](http://www.dansjegevoel.be)