

# Slow Dancing with Chaos

April 15th - 18th, 2022

(Open Evening Class April 15th.  
is recommended but not mandatory)

with Jonathan Horan  
in Brugge, Belgium

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

 5RHYTHMS®

With Jonathan Horan May 2022 in Brugge, Belgium

## Slow Dancing with Chaos

In these funky, frenetic times, we need our feet on the ground, our instincts intact and our intuition in full force. Being true to the signs and signals that come from within is our survival art, not to mention a way to move with integrity in a world in flux. Hidden in chaos, like the eye of the hurricane, is the moving center, your power center, a place deep in your belly that holds your equilibrium and harmony. The way to this center is a deep medicine journey, a journey of blood, bones and sweat -- nothing less than an intimate affair with yourself.

When we are this connected to our true self, we respond instinctively and intuitively, rather than from fear or habit. We know when to stay and when to go, when to speak and when to be silent, when to be patient and when to push, when to rush full tilt and when to be still. And so we move. Fueled by the ecstatic language of the 5Rhythms®, this is movement as spiritual practice, a dancing, kinetic prayer of connection to the unpredictable mystery of it all.

**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.



**April 15. - 18., 2022**

Friday 15th. (Open evening Class) is recommended as part of the workshop but not mandatory.

Friday 7.00 pm to 9.30 pm (Open Evening Class)

Friday 11am to 6.30 pm

Saturday 11am to 6.30 pm

Sunday 11am to 6.30 pm

Monday 11am to 5 pm

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

### **Price / Payment:**

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

Workshop: 300 €- (260 € early bird till March 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)