

SOURCE

5 RHYTHMS WORKSHOP

Level Wave -Heartbeat®

Where the **source** of your dance come from ? Where the source of who you are come from ? How do you let this energy travel through all the parts of your body and be danced ? How do you let the creativity of who you are flourish in your actions in the world ?

The map of the 5 rhythms give to each of us the opportunity to experiment and express this source of energy. It's beautiful on the dance floor, and so important in your daily life.

In this workshop, through a path of different propositions, we'll connect to this source in the dance, and express it. We'll use some of the heartbeat map, it means working on the emotions as a source of movement. It's better if you have already danced 5 rhythms® before, or any kind of conscious movement.

This workshop is part of the prerequisites for people who want to do the 5 rhythms teacher training.



Marc Silvestre is a certified 5 rhythms teacher level wave® and Heartbeat® and an official Coach from ICF (International coach federation).

Dance : Marc has started to dance in 1995 after many years of martial arts. He has participated to lot of performances and contemporary dances. In 2002 he discovered 5 rhythms dance. He followed the training in USA with Gabrielle Roth and her team. Since 2011 he leads classes and workshops in France, Swiss, Belgium, Lithuania etc...

Coaching : Invited by coachs teams to create movement propositions in the corporate world, since 2013 Marc has brought, through the 5 Rhythms map, a new way to understand managing practices. He has trained also at the Coaching Ways school certified ICF, to complete his knowledges in coaching.

Contact : Katrien : registration@5ritmesbrugge.be

Open wave: 9 october 19h00 - 21h30

Workshop 10 October 11h / 17h30

Venue Barrierestraat 15/17 8200 Bruges

Cost: Open wave : 25€

Workshop: Early Bird 65€(booking before the 31 august) - Full price 70€



« If you dont do your dance who will? » Gabrielle

www.marcsilvestre.com