

**Jonathan Horan in Brugge, Belgium**

## **Buddha in the Beat**

The Rhythms Flowing, Staccato and Chaos are the gateways to our center, the wellspring of our sense of trust. Being centered and trusting is what allows us to fully experience the moment for what it is. When we are not centered, our body takes on the shapes of our fears and defenses, and we only re-create old stories, empowering the part of us that is attached and not ready to change. Our center is our root. When we are grounded in it, we move instinctively and intuitively. Being centered allows us to be fluid, focused and free to act from the deepest and wisest part of ourselves, our Buddha Self. Buddha in the Beat is an invitation to dance, to join me in my continuing investigation into how we can be present and aware in all circumstances, hold our center in the chaos of all things and transform our pain and suffering into simple wisdom and loving compassion.

The question is: Can we move, like the eye of the hurricane, through the rhythms of life, in light and shadow, with a still, spacious Buddha mind? The answer is in the dance . . . your dance.

**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.



**August 11-14, 2023**

Friday 11th (open evening class) is recommended as part of the workshop, but not mandatory.

Friday 7pm to 9.30 pm (open evening class)

Saturday 11am to 6.30 pm

Sunday 11am to 6.30 pm

Monday 11am to 4.30 pm

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

### **Price / Payment:**

Open evening: 40€ ( 35€ early bird till May 15th)

Workshop: 300€ ( 260€ early bird till May 15th)

We offer a 15% discount on the full price for 5RTA members (5Rhythms teachers) and concessions: 10% for students under 30 or over 65 years old

**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:** Waves experience. All workshop hours contribute to 5Rhythms® teachers training prerequisites.

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

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