

CYCLES

with Peter Fodera

BRUGGE, BELGIUM

AUGUST 14-18, 2024

Open evening session

August 13th, 7-9:30PM

<https://www.dansjegevoel.be/>

We come from the earth, we return to the
earth, and in between we garden



CYCLES

Nothing truly dies...all energy simply transforms.

We like to think of everything as being linear but in reality, everything is cyclical. So it is with the cycles of life.

"Life is a journey. Its route is essentially the same for everyone, even though we start in different settings and with different baggage." Gabrielle Roth

In the Cycles workshop we give ourselves permission to embody the journey with new eyes and understanding. We explore the patterns, waves and vibrations that move us from birth to death.

Our journey will be a deep investigation into our personal relationship to the rhythms and rituals, teaching and traditions, the people and places that have formed and informed who we are. It is an opportunity to move with the parts of ourselves that we wish to honor & explore as well as those parts of ourselves that we wish to let go of. Common ground connects us all and coming together to explore the cycles of life gives us the opportunity to see ourselves in each other.



Rooted Snake, Rich Soil
Intuitive Vision, Effortless Ascent
Brother Father Bear
Calm Gentle Smoke Wisdom
Flying Without Wings

Peter Fodera completed the teacher training with Gabrielle Roth in 2004, Heartbeat in 2010 & Cycles 2022. As a founding member of the 5R Reach Out, he continues to work with elders and differently abled communities. He is a member of the 5Rhythms

August 14-18th, 2024

Tuesday 13th (open evening class) is recommended as part of the workshop, but not mandatory.

Tuesday 7pm to 9.30 pm (open evening class)

Wednesday 11am to 6.30 pm

Thursday 11am to 6.30 pm

Friday 11am to 6.30 pm

Saturday 11am to 6.30 pm

Sunday 11am to 4.30 pm

VENUE: Guido - [Gezellenplein](#), 'De Frères', 8000 Bruges, Belgium

Price / Payment:

Open evening: 40€

Workshop: 575€ ([535€](#) early bird till May 21st)

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

Prerequisites: Waves & Heartbeat experience. All workshop hours contribute to 5Rhythms@teachers training prerequisites.

