

Being Who I Am

An Ongoing 5 Rhythms workshop 2019

1. module: The Unique Body

How is your relationship to your body? The body is your home - here. It is created, especially designed for you to be here as YOU. The body holds you and supports you to be You if you are present in it. It is an instrument that creates and provides wellbeing if allowed. It is made to release energies and express whatever is relevant. It can transform energy into higher frequencies and release source energy into the body – if allowed. It is very creative if allowed, and full of Joy and playfulness – if allowed.

Dancing through the waves will provide you with opportunities to meet with your body in an accepting and loving way and create new relationships to this incredible instrument in case it is relevant for you.