

Being Who I Am

An Ongoing 5 Rhythms workshop 2019

2 module: Releasing Expression

Our bodies are made for expression. Of whatever is relevant:

To communicate, to make contact, to say what needs to be said, to discharge negativity/tension that the body has taken on, to cry which is an inner cleansing action, to say NO or YES when it is relevant, to express Joy, creativity and playfulness which signifies the most natural human states.

Do you often hold back your natural expressiveness and instead express what you think is expected from you? How much are you able to be true to yourself when you express yourself? As we dance through the waves we will create a space that allows you to investigate into this in your own ways. Maybe you see that you will welcome other aspects of expression into your life, allow something that has not yet been possible in your mind so far or adjust something in your habits of expression.

And we will of course dance through all The 5 Rhythms, many waves, as always, which is our practice, and which enables us to constantly be in a state where our bodies move, express, relies, create and integrate whatever is relevant.