

BORDERS

5 RHYTHMS DANCE® - Level Heartbeat®

WORKSHOP IN STROUD

BORDERS

"I believe that blood and flesh have more wisdom than understanding. The bodily unconscious is where life boils. It's where we feel alive, intimately connected to the depths of our souls and the indefinable outcrop of the cosmos." D. H. Lawrence.

Going along in the dance, with attention and delicacy, allows you to reconnect, and amplify the wisdom of the body.

From there, a deep truth can emerge and blossom, allowing each one a deep transformation. You can find the way to a powerful and intelligent energy of life, which cleanses the organism and brings out its beauty.

Step by step, gesture after gesture, breath after breath, we will go through stages.

The inner limits will be able to open up, unfold. The encounter with your borders and the borders of the others will become a unique, ephemeral and unique dance. It is a dance path that I propose to you. Do the first step.



Marc Silvestre is an accredited Wave® and Heartbeat® level 5 Rhythms dance teacher and certified coach. He lives in Paris, France.

Dance: After years of practicing sports and martial arts, Marc began dancing in 1995. He participated in many contemporary dance performances. In 2002 he discovered the dance of the 5 Rhythms and trained with Gabrielle Roth and her team in the United States in 2010-11. Since then he has been offering courses and workshops in France, Switzerland, Belgium, Italy, Lithuania, Belarus. For 18 years he has nurtured a practice of shamanism in Europe and South America. He takes care to adapt with humility and accuracy the contributions of the traditions he lived to our Western modernity.

Coaching certified professional coach Marc offers individual or company sessions, support through the body and movement.



Informations and booking

Where: Trinity Hall, Field Road, Stroud

When: 11am - 6pm Saturday July 16th, 12.15-6pm Sunday July 17th

How: £140 before June 16th, £160 after

To book or for more info: Maria-Carin at mcgala.zero.one@gmail.com