

2010 Schedule

Feb 15-March 15

5Rhythms® Accept-Dance

Legacy Group

Contact www.esalen.org for registration information.

Esalen Institute, Big Sur, CA USA

This month long workshop will take us into a journey of self-exploration through Gabrielle Roth's: 5Rhythms dance practice. This will be a personal investigation into how our physical bodies inform us, hold us and release us over the edge into the mysterious and creative nature of our own being.

We will use the creative force of the dance to awaken the inner artist, harness that energy and invite it to take form. We will use the mediums of dance, painting, ritual theater and installation art, to transform suffering into art and art into awareness. To dance is to excavate from the ancient site of the body and heart. Whatever arises will fuel the artistic expression. That expression coupled with group discussion, will allow us to integrate and ground our process.

"The Rhythms are a map to everywhere we want to go, on all planes, inner and outer, forward and back, physical, emotional and intellectual. They are markers on the way back to a real self, a vulnerable, wild, passionate, instinctive self." Gabrielle Roth.

*"**Flowing** holds the feminine mysteries. **Staccato** explores the masculine mysteries. In **chaos**, we are challenged to integrate these principles into the stream of personal energy. **Lyrical** is the rhythm of trance and self-realization. In **stillness** we seek the emptiness within us and take refuge in it." (Gabrielle Roth)*

We will use the 5Rhythms as a practical way to track the patterns and cycles of our physical and emotional reality. Having these skills helps us to better

navigate our inner and outer territories. This is an opportunity to embody practical tools of awareness that will assist you in your everyday life.

My passion and faith in this work is based on a real life experience of the enormous space the dance can hold. Now I open this space to you. I bring to the dance floor a lifetime of personal exploration into the 5Rhythms and over ten years of teaching experience. This practice has helped me navigate love, loss, birth and death. No matter your age, your state of body or mind, it is never too late to move from victim to survivor to transformer; to dance and be danced!

April 9-11

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5Rhythms® Wave: In the Belly of the Beat

When we surrender in the dance we find a place where all boundaries disappear and we are no longer the dancer. We are purely the dance. In the belly of the beat we practice the ancient art of being fully alive in the present moment, full of breath and inspiration. This is an opportunity to investigate the unexplored sacred wilderness of bone and breath, hands and hips, spirit and flesh, by journeying through the 5Rhythms dance practice. Enter the realms of the feminine mysteries through Flowing, the masculine mysteries through Staccato, the integration of feminine and masculine through Chaos, the mystery of joy and transformation through Lyrical, and finally enter the dance of wisdom through Stillness.

In the belly of our own heartbeat we find all rhythms united as one. Whatever your state of body or mind it is never too late to become the dancer. We are all born with the innate wisdom to heal through dance. This is an opportunity to reclaim and celebrate that power. Here we use the dance to explore the inner and outer landscape of our reality and deepen our relationship to our partners, our communities, and ourselves. During this weekend we will be using the mediums of dance, creative writing, drawing, ritual theater and sharing circles to deepen and integrate our experience.

In the belly of our own heartbeat we find all rhythms united as one. Through the 5Rhythms dance practice we will slip into the mysterious robe of the dancer and investigate the inner and outer landscape of our reality.

Whatever your state of body or mind it is never too late to become the dancer. We are all born with the innate wisdom to heal through dance. This is an opportunity to reclaim that power and celebrate in the temple of the body. Here we will use the dance to deepen our relationship to our partners, our communities and ourselves.

June 12-13 Osaka Japan 5Rhythms® Endless Waves

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“Dance until the dancer disappears and only the dance remains”

Gabrielle Roth

This workshop is an introduction to Gabrielle Roth’s 5Rhythms Wave. We will investigate the feminine through **Flowing**. The masculine through **Staccato**. The marriage of the feminine and the masculine in **Chaos**. The expansion in **Lyrical**. Then enter the gateway of **Stillness**.

In each of the rhythms we find a dynamic process in which we can unfold from our past and enter the state of being present. This is a map that shows us that path. The dance floor is a mirror in which we look into ourselves, practicing reaching beyond where we are comfortable into the unknown. We search to exercise ourselves becoming more familiar with the areas that we are stuck so that we can become more balanced and flexible.

Within the body is held a cellular experience of our emotional past. Here we investigate how those expressions want to take shape in our dance. If we remove all language and culture and religion, we cross the boundaries into the territory of being. Only here can we express our emotions through our movement. Here we do not have to speak the same language to understand one another. Here we invite the fear to hold us, the anger to release us, the sadness to soften us, the joy to uplift us,..the compassion to unite us.

All emotion then fuels the dance and invites us deeper into our own experience of life. Without pushing the emotion out we search to track emotion as a silent witness, watching as they rise and pass away. Learning to be in harmony with all that we feel by being **authentic**.

I invite you to join me in this way to hold the space for one another as a community, to dance and investigate yourself through movement.

Aug-29/Sept-26

5Rhythms® Dancing in the Present

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Esalen Institute, Big Sur, CA USA

Through dance we move into the mind of awareness, attending to what is and arriving into the present, shedding away the fear that holds us from expressing our true nature. We were all born with the innate wisdom to dance yet many of us have lost touch with this truth. During this month we will explore reclaiming the power of the dance, using the force of the group field to bring us together, awakening the healer within.

The 5Rhythms is a moving meditation practice in which we explore the dynamic nature of the body. The practice is a map that helps us understand the natural rhythms of life as they move through us.

We will explore into the realms of the feminine mysteries through **Flowing**, the masculine mysteries through **Staccato**, the integration of feminine and masculine through **Chaos**, the mystery of joy and transformation through **Lyrical** and finally enter the dance of wisdom through **Stillness**.

For thousands of years, cultures around the world have used dance and a tool of awareness and healing. We will practice reweaving this wisdom back into our modern experience. We will use the ancient ways of the Esalen culture to integrate and ground our experience. Some of these practices include, Esalen Massage, Expressive art (painting), writing and poetry, Gestalt Therapy, mantra (chanting), meditation, Native American Sweat Lodge (healing & purification ceremony), Dynamic Breath-work and sharing circles. This workshop has been designed for all levels of experience. All you need to bring is your willingness to dance and participate.

Nov 21-26
5Rhythms® Ecstatic Dance Celebration:
Gratitude, Grace & Thanksgiving

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Esalen Institute, Big Sur, CA USA

Ellen Watson & Lucia Rose Horan

Ellen & Lucia invite you to join us for this special time of year in the American calendar, where we pause to give thanks for our abundance, to share time appreciating the founding of this country, to thank the Native Americans for sharing their bounty with our forefathers and celebrate in the dance of the 5Rhythms ecstatic dance practice.

Lucia and Ellen have lived a combined total of over 50 years at Esalen and in Big Sur; the baths of Esalen are their Mother Temple, Huxley the room where they were birthed into The Dance.

They combine their love through the teaching of the 5Rhythms Dance practice, touch, ritual and ceremony in honoring this opening of the 6 week holiday season, of Advent, of Solstice, of one years' end and the beginning of another.

During our week, we will also prepare for a Native American Sweat Lodge on Thursday Morning.

We will dance ourselves from fullness to empty and return again, and again. We will gather plants, herbs, flowers & roots for brewing our herbal bath. After our sweatlodge, we will have a sea salt scrub and herbal bath, giving thanks for all that has meaning in our lives.

We dedicate this retreat to embodying gratitude, grace and giving thanks to our creator for the blessings in our lives.

Open to everybody. Please bring a journal and favorite pen. Jazz shoes are useful.