

Gabrielle Roth's 5RHYTHMS® meets Anna Halprins TAMALPA LIFE/ARTPROCESS®

## Dancing my Way

Find your unique dance and move sure-footed into your true purpose in life



In this workshop you will explore what your true most authentic way feels and moves like. You will dance into a conscious understanding of your body, your feet and legs in particular. How do your feet and legs move you? Where do they take you? Are you going where you want to go? Do you have the support you need? Can you find the delicate dance of flexibility and stability?

By drawing on your inner wealth and in experiencing your own creativity, in exchange with others, you will discover new possibilities for action. You will recharge your batteries for everyday life and move forward in new ways.

We will play with different qualities in the dance of the 5Rhythms.

We will make colours shine in painting and let words flow straight from our heart in writing.

Everybody is welcome. No prior knowledge is required.

*This workshop will be taught in English*

**Facilitators:** Laila Wodtke Nissen (5Rhythms-teacher) / Katrin Stelter (Tamalpa Practitioner)

**Date:** Saturday 30. April 17h – 20h, Sunday 1.May 10.00- 16.30h

If not all places are taken, you can join for either just Saturday or just Sunday.

**Location:** Teaterskolen Move n' Act, Grønnegade 93E, Århus C, Denmark

**Price:** 1190 kr , Only limited spaces available, reduction if you are financially challenged

**contact/sign up:** kontakt@lailanissen.dk



About the facilitators

**Laila Wodtke Nissen®**

Is a certified 5Rhythms® teacher by Gabrielle Roth (USA 2007- 08), a psychotherapist MDP, a Women-centered coach & facilitator by Dr. Claire Zammit PhD. and a trained physiotherapist. She has taught the 5Rhythms since 2008 and brings a present, grounded, embodied and playful energy to the space she holds.

She offers 5 Rhythms classes, workshops and retreats, and one-on-one sessions as a coach and therapist.

Her mission is to create healthy and heartfelt connection to the embodied self, with others/community and to our planet.

Infos: [www.lailanissen.dk](http://www.lailanissen.dk) and <https://www.5rhythms.com/teachers/Laila+Wodtke+Nissen>

**Katrin Stelter**

Core Faculty for Tamalpa Germany branch, Adjunct Faculty with Tamalpa Institute USA, Tamalpa Practitioner since 1999, Registered Somatic Movement Educator (RSME) with the International Somatic Movement Education Therapy Association (ISMETA). Katrin was trained as a dancer (New Dance, bewegungs-art e.V. Freiburg) and speech therapist and works in a private practice.

In her work she is focusing on the experience of creative flow and improvisation as a powerful metaphor of life. She is including ideas of deep ecology to strengthen the sense of connection with planet earth. Every year she leads the Planetary Dance of Anna Halprin in Freiburg.

Infos zum Tamalpa Life/Art Process®: [www.tamalpa-germany.de](http://www.tamalpa-germany.de), [www.katrinstelter.de](http://www.katrinstelter.de)