

International workshop connecting 5 rhythms dance, emotional intelligence and communication skills

# Dance-feel-express

The main goal of this workshop is to explore links between movement, emotional intelligence and communication. We will begin on physical level, follow with focusing on our feeling and emotional pattern and end by searching for links to communication as a tool of expressing our needs and feelings to others.

**The 5Rhythms<sup>®</sup>** comprise a simple movement practice designed to release the dancer that lives in every body, no matter what its shape, size, age, limitations and experience. To find your dance is to find yourself, at your most fluid and creative level. The 5 rhythms<sup>®</sup> are flowing, staccato, chaos, lyrical and stillness. They come together to create The Wave, a movement meditation practice. Rather than having steps to follow, each rhythm is a different energy field in which you find your own expression and choreography, thereby stretching your imagination as well as your body. Each rhythm is a teacher and you can expect to meet different and sometimes unknown aspects of yourself as your dance unfolds and your practice of the rhythms deepens over time.

**Emotional intelligence** works with an understanding and integration of our three main centres of intelligence - body, heart and mind. Self-consciousness is a starting point in this process - mapping our personal patterns, thought and emotional patterns allows us to get more influence on our life, more freedom and trust and to become responsible for our own lives.

**Communication skills** communication is an external manifestation of the level of our emotional intelligence. Topics are going to be based on the experience from dance and emotional intelligence exercises and will lead the participants to express verbally what they have experienced and to learn new communication patterns according to this experience.

Workshop is open to everyone aged +18 and we also welcome disabled people.

Date and place: 31. 7. - 7. 8. 2010; Czech Republic - Chotěboř

Main language is English, advanced level is needed.

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