

Ongoing Group

Denmark 2012 - 2013
With Alain Allard

An exciting synthesis
of the 5Rhythms®
movement practice and
The Open Floor™ work

Beginning in April 2012
and meeting 4 times
over a year in
Silkeborg, Denmark

WWW.5RHYTHMS.DK

Perspectives





Alain Allard is co-director of Moves Into Consciousness. He is a fully licensed and practicing psychotherapist with wide ranging experience of one to one work.

Since 1991 Alain has been a student of Gabrielle Roth who accredited him some years ago to teach the 5Rhythms® at Heartbeat and Mirrors Level in specific contexts.

This year long ongoing group "Perspectives" can count towards the 5Rhythms® teacher training as Waves, Heartbeat and Mirrors level.

Alains website:
www.movesintoconsciousness.com

More information:
WWW.5RHYTHMS.DK

Supported by the processes common to individual psychotherapeutic enquiry, and the 5Rhythms® maps of Waves, Heartbeat and Mirrors this 4 module workshop provides a safe, trustworthy and contained platform from which to take stock of how you see yourself, how you carry your personal history, how you relate and what you aspire to.

The tools of communication, introspection, movement, meditation, Open Floor group process, reflective enquiry, listening and witnessing will focus our attention so that each module will serve as a retreat to offer shared perspectives on our lives.

Facilitated by Alain Allard and assisted by Annette Uhlemann and Jan Redsted, this group is a valuable opportunity to evaluate and consciously shape the path of your life.

Entry by application only. Places are limited. Attendance at all 4 modules is mandatory. An ability to understand and communicate in English is necessary.

Prerequisites

At least 50 hours experience as a student of the 5Rhythms® both in classes and workshops.

Information & registration

www.5rhythms.dk

Please contact Jan:
+45 29 62 29 76
jan@redsted.dk

Venue

Performers House
Papirfabrikken 76
8600 Silkeborg, Denmark

Module 1: ME, MYSELF , I.	25 - 29. April 2012
Module 2: WHAT'S BEHIND	4. - 8. July
Module 3: WHAT'S AROUND	24.- 28. October
Module 4: WHAT'S IN FRONT	19.- 24. 2013 (6 days)