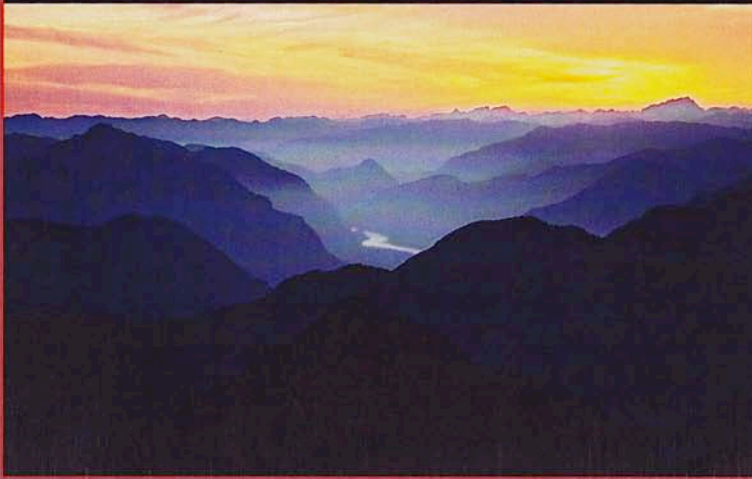


The Tao of Loving



paris

december 5-6

gabrielle roth's 5 rhythms®

a heartbeat workshop

with adam barley

The Tao of Loving

"there is no way to happiness, happiness is the way" Buddha

Each of the 5 Rhythms is home-base to a specific emotional energy, and moving through them takes us through the landscape of the heart in a way that expands us into the whole picture - the light and the shadow, the tears and the laughter, fears and furies - to an experience of loving that is real and rooted in the sweat of the dance.

But love is not just a feeling, it's an action too; emotional energies naturally become action if we follow them through. Being willing to face our fear gives us courage to move. Expressing our anger all the way brings us to forgiveness. Truly releasing into sadness we find the ability to surrender totally to life. Being full of joy we become naturally generous. And compassion simply is service. This is our map of loving: love is courageous, forgiving, surrendered, and generously in service.

So here is our practice: to move through our emotional world deeply enough to not only feel love but to be loving, to open up the pathways from fear to love in movement, so that our feeling becomes an offering to the world around us.

This is an advanced Heartbeat workshop based on Gabrielle Roth's 5 Rhythms® movement practice, a catalytic meditation to free up your body, open your heart and empty your mind, leaving space for the real you to happen. For more information see www.adambarley.com and www.gabrielleroth.com.

You need previous experience of the rhythms, and preferably Heartbeat, to take part.

Adam Barley "I trained to teach the rhythms in '94, had several years mentoring with Gabrielle to teach the "Heartbeat" level of her work, and was part of the '05-'07 Heartbeat Training.

My teaching style is clear, high-energy, and I hope inspiring. I don't believe we have the time to mess around pretending that something's happening if it isn't, or vice versa. I've been freaked out, scared witless, furious and broken hearted often enough to have compassion for most of what turns up in on the dance floor, and to know how precious it is to enjoy life"

Practical info :

December 5th : 11am -6 pm ; December 6th : 11 am – 5 pm

140 euros for enrolment before November 1st

160 euros after that date.

Information and enrolment : Lucie Nerot

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www.adambarley.com