

# Selflove

## a 5 Rhythms™ dancing journey

### June 3 – 6, 2010

We often walk through life feeling unsatisfied, yearning for that feeling of contentment. When we have an inner sense of contentment, everyday struggles become manageable rather than overwhelming. This sense of contentment has its roots in our self-love and acceptance.

When we lose touch with our inner love and acceptance we can find ourselves irritable, dissatisfied, depressed or just simply annoyed with life. In this workshop we will utilize the dance of the 5 Rhythms to re-discover our love of self and apply it to everyday life.

When we approach life loving ourselves, our world view shifts and life can become a joy rather than a struggle. What does it mean to accept ourselves and say "Yes" in Flowing, in Staccato, in Chaos ...? How can we move with full acceptance towards ourselves and others? Learn the tools needed to ground yourself in "Self-Love," regardless of what is happening around you.

We will apply the basic elements of the 5 Rhythms™ in the gorgeous scenery of Lake Constance to move us through this self-exploration and healing journey. This space will enrich us to experience living life with full power and a better understanding of self.

Teacher: Amala Petra Höcklin

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**location:** Schloss Glarisegg at Bodensee (lake of Constance)  
[www.schloss-glarisegg.ch](http://www.schloss-glarisegg.ch)

**schedule:** start: Thursday, June 3rd, 6pm  
end: Sunday, June 6th, 4pm  
open wave on Sunday 6th, 8pm

**charge:** 250.–EUR, 387.–CHF exclusive board/lodging  
215.–EUR, 333.–CHF early bird charge until April, 30th

**For more information and registration contact:**  
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please ask for detailed information! The workshop language is German with English translation!  
Workshop hours count as Level 1 Waves credit towards the next teacher training