



5RHYTHMS

# BREATHING STILLNESS



5RHYTHMS<sup>®</sup> WORKSHOP WITH **ERIK IVERSEN** (CA)  
SCENEHuset·OSLO 6-8·OCTOBER·2023

# BREATHING STILLNESS

5Rhythms® workshop with Erik Iversen (CA)

Breathing is the center of our being. In Stillness, breathing awakens our awareness of the small inner movements. Going deeper to the core and to the center we awaken our inner space and we can feel deeper dimensions of ourselves.

In this 5Rhythms gathering we will dance through the 5Rhythms to arrive in the sweet softness of Stillness. In all of the Rhythms we will listen for the stillness within each of them. From there we will turn up the volume and listen to the emptiness to still the mind.

**5RYTMER®:** Skapt av Gabrielle Roth, og praktiseres i dag av titusener over hele verden. 5Rytmer er en filosofi, et perspektiv, og en dyp, kraftfull og dynamisk bevegelsespraksis, fundert på prinsippet om at hvis du setter psyken i bevegelse, vil den helbrede seg selv. 5Rytmer er en klar struktur, og et kart med mange lag i seg. Velkommen til et laboratorium for utforskning av vår egen kropps intelligens og visdom i bevegelse. Gjennom bevegelse, og gjennom vår egen individuelle erfaring, kan vi finne og kultivere nye muligheter i oss selv og vårt eget liv. Workshopen foregår på engelsk. Ingen tidligere erfaring nødvendig. » [www.5rhythms.com](http://www.5rhythms.com)

“**BREATHING IS YOUR BEST FRIEND FOR LIFE**

—Gay Hendricks

## ERIK IVERSEN (CA)

is a founding member of the 5Rhythms worldwide community. He co-produced and was in the first training with Gabrielle Roth in 1981 and became one of her first workshop producers out of Montreal in the 1980's. Over the next 40 years, he taught the 5Rhythms as well as maintaining a one-one-one bodywork practice; over time he integrated the wisdom he gained from hands-on work with the insight from guiding thousands of dancers on the dancefloor. In 2016, he graduated from of the 2-year Leadership and Transformation training at the Hendricks institute, and is now a certified coach. In 2017, Erik co-founded Kite Parade Co (» [www.kiteparade.co](http://www.kiteparade.co)) and in 2020, he designed the Somatomy™ series, a 3-Module training that guides participants through an in-depth, experiential understanding of their anatomy and offers powerful tools for creating deep presence and flow through movement and conscious embodiment. » [www.erik.iversen.ca](http://www.erik.iversen.ca)



**6-8.10.2023** SCENEHUSET, BOGSTADVEIEN 49, MAJORSTUA, OSLO

### TIME:

Fredag 6. Oktober 18.00–21.00 (*Open Evening*)

Lørdag 7. Oktober 11.00–18.00

Søndag 8. Oktober 11.00–18.00

### PRICES:

Full weekend: NOK 2250,-

Full weekend paid before 15. September: NOK 2100,-

Open evening only, Friday: NOK. 400,-

### REGISTRATION

### & MORE INFO:

Visit: [www.ingridbrudevoll.com/breathing-stillness](http://www.ingridbrudevoll.com/breathing-stillness)

Or send email: [ingrid5rytmer@gmail.com](mailto:ingrid5rytmer@gmail.com)