



PLAYFUL PRESENCE

A 5 RHYTHMS™ WAVES MOVEMENT MEDITATION

ERIK IVERSEN (CA)

SCENEHUSET OSLO, NORWAY

17-19 FEBRUAR 2017



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"The heart of healing lies in the ability to listen, to perceive and to turn up the volume to our full body intelligence"

Every interaction in our lives – be it within us, between ourselves and others, or ourselves and our environment – generates the opportunity to presence ourselves in the moment.

Nurturing a pathway to sensualizing our feet and their relationships to our other bodyparts creates the context for presence. Befriending our breathing and gravity enlivens our experience of moving. Noticing this sixth sense facilitates balance and focuses our ability to be present.

My commitment to the participants of the workshops I lead promises to catalyze and inspire them to integrate the playful and pleasurable sense of developing their body intelligence in daily life.

In life, and in dance, there is the opportunity to loosen effort and magnify ease. We can identify movement patterns then ignite new ones. Are you willing to express with full body intelligence within the group resonance of a 5Rhythms authentic and open movement space? Join us in illuminating and welcoming a fresh and deep relationship to yourself, to your bones, to your flesh and to your fascia.

Dates: February 17.-19th 2017. Friday 17th. kl. 18.00-21.00 - open evening
Saturday 18th. kl. 11.00-18.00. Sunday 19th. kl. 10.30-17.00

Venue: Scenehuset, Oslo, Norway

Cost: NOK 2100,- all days. Early bird NOK 1800,- (paid before January 30th)

Open evening only: Nkr. 400,-



Erik is a wise and wonderful facilitator of the practice of presence and embodied leadership. He is an internationally renowned teacher of the 5Rhythms Movement Meditation practice. He completed his training in 5R with the founder, Gabrielle Roth, at the first

training in 1988, which he co-founded. He has been leading classes and workshops around the world ever since.

At the two most recent 5Rhythms teacher trainings he was on the faculty. He has taught people of all ages, and from all walks of life – from senior executives, to teens in juvenile detention centers, to 4th graders. He also has a private practice as a certified Hellerwork Structural Integration body-worker. He has treated literally thousands of clients one-on-one, over his 30 years in practice. Recently he graduated from the Hendricks Institute's two-year program in Transformational Leadership, and is now offering programs that combine his knowledge of the body and movement with key practices in leadership.

Erik is himself a gifted dancer and athlete, and brings his unique warmth, enthusiasm and playful spirit to his teaching. He is a master at creating a safe and fun space for exploration, discovery and learning with ease.

For more information: www.erik.iversen.ca

Booking: Mail to Ingrid Brudevoll: ingrid5rytmer@gmail.com
and you will receive more information

