



# SURE-FOOTED **MAGIC**

FOUNDATION OF *Lyrical*  
5RHYTHMS® WORKSHOP  
with  
**ERIK IVERSEN** (CA)



28. februar - 1. mars 2020, OSLO

# Sure-footed Magic

Foundation of Lyrical: 5Rhythms® workshop with Erik Iversen

*The ability to think on your feet with the magic of a timely response*

The fourth of the five Rhythms has a certain undefined quality that can be open to interpretation. Lyrical has been evolving more than the other four rhythms. After the deep release of Chaos, Lyrical offers a clear energy shift of lighter, uplifting energy. I like to call this Sure-Footed Magic, an active, quick and agile expansive ground force reaction. During this investigation we will explore and cultivate an energetic journey to weightlessness.

How can I maintain my foundation? And at the same time create a lightness in my body and my spirit? Let's explore what may interfere or block access to the sensory motor loop of each participant. What body stories have we inherited from family and culture, that keep us from transforming and then creating well being? And how can this shift in perception bring us to feel we are a more integrated fluid process - instead of feeling like a segmented static object. With this shift we can learn to create a daily practice of finding space for fluidity and nurturing a lighter heart.

*I move from the ground up, and a community of cellular systems respond*

**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. Workshoppen foregår på engelsk. Ingen tidligere erfaring nødvendig.

Datoer: 28. februar - 1. mars 2020

Tider: fre 28.2 kl. 18 - 21, lør 29.2 kl 11 - 18, søn 1.3 kl 11 - 17

Pris: NOK 2100,- | Early Bird: NOK 1800 hvis fullt betalt innen fre 7.2

Adresse: Scenehuset, Bogstadveien 49, Majorstuen. Oslo

Mer informasjon og påmelding: Send mail til [Ingrid5rytmer@gmail.com](mailto:Ingrid5rytmer@gmail.com)



Erik Iversen  
(CA)



I've been a 5Rhythms® teacher, a reflexologist and a practitioner of Heller-work Structural Integration for 30 years. I've observed thousands of bodies, both in dancing and in the movement patterns I see in my Bodywork practice. I am fortunate to have co-founded the first 5Rhythms Teachers Training with Gabrielle Roth in 1988, and teach in the recent Teachers Training. Through this span of years, I've continued to be committed to creatively awakening the body-mind connection. My teaching is essentially an invitation and expression of self-love, through dancing, feeling and being. Since 2016 I have integrated into my teaching the Transformational Leadership coaching skills from my training with Hendricks Institute, California.