

Surrendering into Mystery

A 5 Rhythms waves level workshop with Chris Camp

 5RHYTHMS



*Münster - Germany
15 - 16 May 2020*

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"The need for mystery is greater than the need for an answer"

-- ken kesey

As (western) humans we were taught to seek answers. We were taught to seek meaning in this human life. Which often results in wanting to control, wanting to understand everything. Although this can be very useful at times, when we get stuck in wanting to control we start to lose our sense of wonder, our ability to be in awe. We miss the magical moments that are happening continuously throughout our lives. We have slowly lost our ability to be swept away by the mystery that is life. As Albert Einstein said: "He who can no longer pause to wonder and stand rapt in awe, is as good as dead..." How would it be if we were to simply pause and take in the world around us and the world within us.

In this workshop we will use the transformative qualities of the embodiment map of the 5 rhythms to re-learn ourselves to simply surrender into the mystery of our human liveliness. We will work with the movement of our bodies to support and to allow ourselves to surrender our hearts, our minds and our souls to the mysterious spirit that animates us all. Life is so unbelievably precious... why waste it being stuck in the constructs of our own minds?

This workshop is open for everyone, with or without experience. Having followed at least one open wave is recommended

This workshop counts as waves hours towards the 5 Rhythms® Teacher Training

Location: Peter-Rosegger-Weg 15, 48155 Münster, Germany

Times: Friday 19h45-22h / Saturday 10.30h-18h

Friday is part of the workshop but can be followed separately as an open Wave

Price: Full Price 90€, Early Booking 80€ until 1/4, non-refundable deposit 25€, Only Friday: 15 €.

Info & Booking: Naissan Schneider, info@sternendojo.de, +49 2513 910 197

www.movementforlife.be



Since early childhood Chris has been interested in how we humans function. Over the years his interest spread out into bodywork, psychotherapy, movement and creative arts. From Shiatsu to Gestalt, Improv theater, Voice Dialogue, Trauma Therapy and many more, he just can't get enough of studying and diving deeper into the healing arts. His deepest love however is for the 5 Rhythms. Once you start to put your body into motion, you open the gateways to magic. Chris will guide you with amazing music deep into your journey of transformation.

