



Waves of the Heart

Since before we are born our heart is beating. With every beat it is giving us life. And when we allow our hearts energy to flow we are receiving aliveness.

So many things in life can result in our chest tightening and constricting, where we physically limit the space of one of our most vital organs. In this workshop we are going to explore embodied ways to soften our chest, to release the tension between our ribs so an opening emerges where we can express our hearts through our embodied dance. We will practice opening up our bodies so that our soul may gently land into our hearts. Wave after wave we will be creating more space for our hearts energy to flow, to grow, to free and to love.

With Love,
Chris

Freitag 19-21 Uhr und Samstag 10-17 Uh
nur Tanzen (Freitag) 20 Euro, nur Samstag 90,- Euro, beides zusammen 108,- Euro