

5 Days Heartbeat Residential

02-06.10.2019.

Friedrichshof, AUSTRIA

With Silvija Tomčik

5RHYTHMS

The art of the heart

*"To befriend our feelings, we can dance them, sing them, act them, write them, and paint them; we can creatively explore and celebrate them."*

**Gabrielle Roth**

On this workshop, we will connect our body with our emotions that come our way, through different creative and healing ways (dance, working with clay, voice work, water colours, ritual theatre, writing, massage, movement...). My intention is that we develop more tolerance for feeling our own emotions and find as many different ways to express and communicate them. We will work following Gabrielle Roth's map of 5 Rhythms and of 5 basic emotions – Fear that protects us, Anger that defends us, Sadness that releases us, Joy that uplifts us and Compassion that unites us.

**Minimum 20 Waves hours. This workshop counts towards future 5Rhythms® trainings as a 5 days Heartbeat.**

**Silvija Tomčik**, is an accredited 5Rhythms® teacher (Waves training in 2001, and Heartbeat training in 2010, with Gabrielle Roth in the USA) who, as an organiser, brought this practice to Croatia and neighbouring countries. Silvija has been teaching 5Rhythms® regularly both nationally and internationally the last 18 years. She is a committed, passionate and grounded teacher. Teaching and dancing are her natural gifts.



**Prices:** Full price is 340 Euro, early booking price until 20th of August is 290 Euro Working price is 190 Euro. There is 20% discount for 5Rhythms Teachers and Space Holders.

#### **HOTEL Friedrichshof**

Single room incl. full board 380€, half board 335€  
Double room incl. full board 348€, half board 303€  
3-bed-room incl. full board 325€, half board 280€

#### **Wooden house**

There are also a few places in a very simple accommodation, some minutes walk from the hotel and dancing space. Double room incl. full board 200€

You can choose vegetarian or meat option each day. Vegan and gluten free meals are possible!

The Friedrichshof hotel and dancing space is located in the midst of a beautiful 25ha area, 60 km south east of Vienna and 6 km from famous Lake Neusiedl. We will enjoy high level standard accommodation, delicious food, sauna and rich nature around. We will organize a shuttle from Vienna Airport and there are taxis from the closest train stations.

#### **Location:**

Friedrichshof, Römerstraße 2, 2424 Zurndorf | [www.hotel-friedrichshof.com](http://www.hotel-friedrichshof.com) | <https://goo.gl/maps/ALCt7Vs2q5F2>

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[www.5rhythms.com](http://www.5rhythms.com) [www.plesritmova.net](http://www.plesritmova.net)