



5RHYTHMS

THE BREATHING BEAT

WAVES WORKSHOP WITH

HANNAH LOEWENTHAL (SA)

15.-17. FEBRUAR 2019

THE BREATHING BEAT

In this workshop we will dance the rhythm of flowing as a way to explore endless 'beginnings', opening us to the beat; rocking us and releasing the outbreath. Allowing ourselves to be carved & shaped by the dance, we give time and attention to the rhythm of staccato. In this way we can give expression to all parts of ourselves; to receive and to release again and again as a practice.

Becoming breath made visible...The breathing beat is an invitation to keep moving through the parts of us that get fixed or stuck so that we can move through, with more breath, let more life in, and let more life move through us.

STED: Scenehuset, Oslo (Norway)

TID: Friday february 15th kl. 18.00-21.00

Saturday 16th and Sunday 17th kl. 11.00-18.00

PRIS: Early bird paid before january 21st Nkr. 1800,-

Full price Nkr. 2000,-

Open evening Nkr. 400,-

PÅMELDING: send mail to: hege@dans5rytmer.no
and you will receive more information.

Every body is welcome.



Hannah Loewenthal's work primarily focuses on dance and art as both pedagogic and performative. Having completed her teacher training with Gabrielle Roth, NYC in 2008, she is certified to teach 5Rhythms® at Waves & Heartbeat levels. Combining this with a background in design, she has worked in theatre, in schools and in institutions. She is currently based in her home place South Africa.

Hannah's web page: hannahloewenthal.com

To read more about 5 rhythms: dans5rytmer.com