

*Gabrielle Roth's*  
**5 Rhythms**

*led by Alain*  
*Allard*



*Heartbeat*  
*Moving Emotion*

*Advanced Ongoing Study Group*  
*Heartbeat Level - Spain 2011*

# *In-depth exploration of 5 Rhythms® Heartbeat territory*

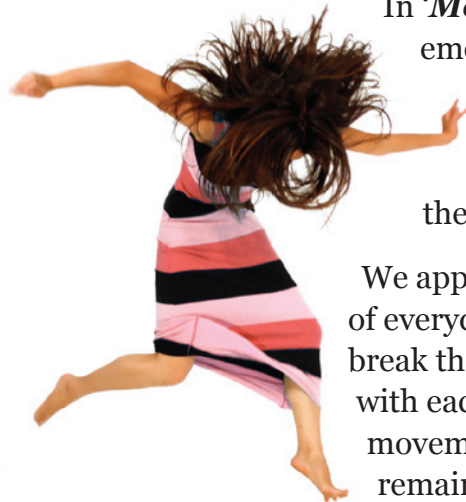
## **4 Modules of 5 Days**

The “Moves into Consciousness” yearly Ongoing Groups offer intense practise of the 5Rhythms dance form, as well as deep study of the various maps taught by Gabrielle Roth in her “Waves” and “Heartbeat” teachers trainings.

This will be the fourth year long Heartbeat Ongoing group led by Alain Allard, deepening the study of the 5Rhythms for experienced students. This course has previously been offered in Belgium and in Norway, each time very well received by students who found the group a great source of empathy, friendship and support, as well as providing them with a deep understanding of the movement and power of emotional energy.

In ‘**Moving Emotion**’, we address the energy of emotion —fear, anger, grief, joy and compassion by learning how to keep these in motion, studying ways that they naturally move: an antidote to the impulse to lodge or fix these energies into some mental state or story.

We approach emotion as an energetic field, part of everyday existence, developing the ability to break the habitual attachment and identification with each passing mood. In practising the movement of feelings we gain the ability to remain open-hearted, fluid and free.



## *The work guides us to:*

- fully embody the experience of emotional territory by giving expression to our awareness through rooted movement.
- remain gently in touch with our hearts and feelings on a day to day basis.
- gain more self respect and fluidity with the emotional realities of everyday life.
- remain vigilant and attentive in our breath and physical practise.
- navigate the complex, often stressful and chaotic, landscapes of 21<sup>st</sup> century living without getting bogged down in personal history.

The overall aim is to continue developing articulation and fluidity in movement that is the core quality of the 5rhythms so that natural creative expression occurs with great spontaneity and immediacy. This is the major distinction between this work and psychotherapy.

Practise is a doorway to feeling and moving our energy as life force rather than as a succession of mental and emotional states.

In each module we pay careful attention to physical movement — breath, feeling, sensation and relationship to space.

By allowing emotion to arise express and subside we free trapped vitality and give more movement and freedom to our lives. We learn to simply move what we experience; we practise presence so that we may live more fully and creatively.



We will be working within a closed and committed group, meeting regularly for the duration of the course, Students will need either to have completed a “Waves” level Ongoing group or danced “Waves” fundamental practise with accredited teachers in workshops and/or weekly classes for a total of at least 60 hours, and have a focussed and committed approach to the 5Rhythms.



**Personal stories.** Our individual experience, history and own felt identity often provides the impulse for engaging in this study with a view to self – healing and deep learning. Indeed, this work can be deeply healing but is not therapy.

Students are strongly recommended to secure or establish the support structures within their own lives as they must take responsibility for their own mental health and well-being when embarking on intense work such as this. Having attended to this the group itself can also be a source of great joy, friendship, shared vulnerability and mutual support.

## *Prerequisites*

Participants are required to have at least 60 hours experience of dancing the 5Rhythms® and be willing to engage in this work with a lot of focus and a touch of humour.

## *Accreditation*

Heartbeat hours are accumulative to reach 5 Rhythms training program.



# Alain Allard

Alain Allard is co-director of Moves Into Consciousness. He is a fully licensed and practising psychotherapist with wide ranging experience of one to one work in different settings. He is also a Consultant Motivational Trainer experienced in working for Careers, Drugs and Alcohol Services, Police and Probation Services, the National Treatment Authority and the National Health Service.



He has been a student of Gabrielle Roth for 18 years and, for the last 12 years, has taught the 5Rhythms internationally in contexts ranging from National Dance Companies to I.T. professionals in multinational corporations. Alain's interest in synthesizing psychotherapeutic and psychological maps is shared in his "Open Floor" work, devised by Dr Andrea Juhan. **Alain is a Faculty Trainer for the 5RCTS and is accredited by Gabrielle Roth to teach the 5Rhythms at Waves, Heartbeat and Mirrors Level.**



*"Alain Allard brings a unique wisdom to his teaching of the 5Rhythms. With his expertise in psychology, in combination with the clarity of maturity, and deep compassion he creates a trustworthy field for the dance of human experience to unfold. Anyone fortunate enough to find their way to one of his courses will be in good hands."*

*—Andrea Juhan Ph.D. 5 Rhythms Center for Therapeutic Study, USA.*

# La Arena



## Introduction

La Arena is an exclusive training centre in a wholly-owned 35 hectare estate near Segovia and Avila, 1 hour north of Madrid. The centre is fully equipped for indoor and outdoor training and can accommodate over 60 people with full board and lodging in an intimate environment of outstanding natural beauty. It is an ideal space for **personal training, development meetings.**

## Our rooms

Our rooms are characterized by its great power with a **close and warm environment.** There are ideal for every kind of development events (workshops, seminars, meetings, presentations,)

We adapt our room capacity according to the needs of our clients. Small rooms for workshops and seminars, meeting rooms for 25-30 people and a **big marquee** with more than 400 m<sup>2</sup>, specially designed for groups up to 60 people.



## Accommodations and meals

La Arena has **six cozy bungalows with 15 single/double bedrooms and 4 bedrooms (dormitories within 33 beds)**. This accommodation capacity could be book 15 people in single bedrooms, 30 people in double rooms and 33 more people in dormitory. Besides we also offer to our clients **catering service** and a **spacious dining room**.



The manner in which we serve food and treat our students makes this an attractive place filled with warmth. The contact, the human touch, is a symbol of our work ethic.

## Special activities: The 5 Rhythms of Gabrielle Roth

For this program we fit out the main room completely clear to create a 150 m<sup>2</sup> dance floor. Magnificent music equipment and a specific dance carpet complete the space for the 5 rhythms experience.



## *Dates (2011)*

**1<sup>st</sup> Module:** 23-27 March

**2<sup>nd</sup> Module:** 15-19 June

**3<sup>rd</sup> Module:** 21-25 September

**4<sup>th</sup> Module:** 7-11 December

## *Timetable*

**Wednesday** from 18:00 to 21:00.

**Thursday, Friday & Saturday** from 10:30 to 18:00.

**Sunday** from 10:30 to 14:00.

This timetable is approximate and depends on Group's dynamic.

**Entry:** Wednesday. We'll start dancing at 18:00.

**Departure:** Sunday after lunch hour.



## *Price & Payment Methods*

### **Subscription and early payment**

to be paid before October 30<sup>th</sup> 2010: 1.750 €

### **Subscription and early payment**

to be paid before February 15<sup>th</sup> 2011: 1.850 €

### **Subscription and early payment**

until the beginning date: 1.950 €

To **reserve a place** is 300€

(to be paid at the moment of subscription)

and **4 payments** of 465 €

(once at every meeting)

To **reserve a place** is 300€

(to be paid at the moment of subscription)

and **10 payments** of 195 €

(Once a month beginning from February 2011)

Price of **lodging at La Arena (full board)**: 240 €/módulo.

## *Information & registration*

Contact with **Leticia** by phone: (+34) 670 904 004

or email: [gritmos@holodesarrollohumano.com](mailto:gritmos@holodesarrollohumano.com)

