

NEW BEGINNINGS 5Rhythms Urban Retreat



There is a place where everything begins, where the mind is empty and the heart is open. A place before the stories, before the plans, before the need to know. It is the fertile soil of beginnings. We will gather there, in that open space where curiosity breathes.

Beginnings invite us to move beyond what we think we know. To shed the old skins, the outdated steps, and the rehearsed moves. Here, we practice the beginner's mind, a mind that is wide awake, open, and ready for whatever unfolds. We allow ourselves to be unpolished, raw, unrefined, daring to dance with the awkward beauty of not knowing.

In this workshop, we will follow the rhythms like currents, letting each one carry us deeper into discovery. Flowing will guide us to soften into ourselves, to find where our bodies begin. Staccato will ask us to be direct, to carve new paths, and to plant intentions like seeds. Chaos will teach us how to surrender to the wild pulse of creation, dissolving the patterns that bind us. Lyrical will lift us into the mystery, where we learn to dream with our whole selves. And in Stillness, we will listen for the whispers that come when we finally become quiet.

This is not just a dance. It is a chance to open ourselves to what lies beyond the edge of our comfort, to dream into the new shapes our lives can take, and to set intentions that are rooted in the deep truth of who we are.

Come as you are, no experience necessary, just a willingness to let go and let life move through you.

“Out beyond ideas of wrongdoing and rightdoing,
there is a field. I’ll meet you there.”
Rumi

VENUE:

Hanami Humanistic Therapy Center, Calle María Casares 3, ground floor, 29010, Málaga, Spain (Teatinos area).

WHEN:

January 31 to February 2, 2025

SCHEDULES:

- **Friday:** from 6:30 p.m. to 9:00 p.m. (free for workshop attendees) €20 for non-attendees with prior registration due to capacity reasons.
- **Saturday:** from 11:00 a.m. to 6:30 p.m.
- **Sunday:** from 11:00 a.m. to 5:30 p.m.

PRICE:

- Early bird price: €150 (if a deposit of €70 is paid before January 10, 2024).
- Normal price: €185 (if the deposit is paid from January 11, 2024)

CONTACT AND REGISTRATION:

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Arjan Bouw

Arjan Bouw has been dancing the 5Rhythms since 1996 and has taught the Waves level of this practice since 2005 and Heartbeat since 2010. He is teaching Open Floor since 2016. His embodied heart is evidence of these teachings.

His down to earth humanness creates safe spaces in which the life force can find its way to move through and out onto the dance floor.

He lives in the countryside in the Netherlands and teaches internationally.

Arjan Bouw has a theater background and is now therapist as well.

“Arjan is a wild creative spirit with a huge heart, poetic stillness, and a thousand playful inspirations”

<https://arjanbouw.nl/>

The 5Rhythms

Created by Gabrielle Roth and practiced by tens of thousands of people around the world, is a philosophy, a perspective, a performance art, and a dynamic movement practice based on the principle that if we put the psyche in motion, it will heal itself. Flowing, Staccato, Chaos, Lyrical, and Stillness are five essential movement types that correspond to attitudes, emotions, and the ways in which we move through our daily lives. It is a vital rhythmic map, a guide for understanding life through the sensations of the body and its movement.