

“BLISS” URBAN DANCE RETREAT

Hello everyone, beautiful dancing tribe, I am writing to you with great excitement to announce the next 5 RHYTHMS URBAN RETREAT that I will give in HOORN, NETHERLANDS in the beautiful PARCIVAL SCHOOL space, on July 4, 5 and 6, 2025.



Bliss, the satisfaction of what you are...

Bliss is a state of positivity, happiness and joy. It is similar to a spiritual experience that comes from the depths of the soul and is closely linked to the plenitude, harmony and satisfaction of what you are and what you experience.

We all have the right to be in the magic of living and for this to be present every day of our lives. To do this we need to know ways to rediscover it and return, to return again and again to the state of enthusiasm for life, which does not mean being in a constant state of bliss.

In this Dance-Meditation Retreat, with the guidance of music and following the map of the 5 Rhythms, we will explore with our whole body and our incredible creativity of movement, to feel life in all its splendor inside and outside of us and open ourselves to it in the enjoyment of what and who we are. This retreat invites us to expand, to go out to meet others, to celebrate together in the beauty of our Being, displaying all our qualities.

Making the most of life regardless of the doubts, despair or disappointment that we can all experience at some point and giving meaning to life, to what we do at every moment, will always fill us with satisfaction and bliss.

It will be a 3-day retreat, in the heart of Hoorn, at the “Parcival School”, which will welcome us and help us connect and deepen our wisdom, and where we will have the opportunity to dance in its beautiful meters room.



Here is the link so you can see the space:

<https://www.parcival-hoorn.nl/>

The objective of this work is to root you in the personal experience of who you are, in the here and now, without judgments or expectations and to strengthen your connection with yourself and with everything around you.

Connecting with the fullness in the Joy of your Being will lead you to feel that in that state there is no pain, worry, doubt or fear. You will find yourself in your presence feeling life abundant and full of peace, freedom and love.

Bliss, it is said, is an emotion that depends on what “happens”. Bliss, in contrast, is lasting, as it springs from the depths of our soul and is not affected by the circumstances that surround us...

The 5 Rhythms are a path of personal knowledge, a guide to understanding life from feeling, which is carried out through the body and its movement.

No dance knowledge or physical condition is required to practice it. It combines free dance with movement patterns.



PRACTICAL INFORMATION:

- **Location:** “Parcival School” Nachtegaal 146, 1628 DJ Hoorn, Netherlands
<https://maps.app.goo.gl/9gsD6ED6aLrP9eAR6>

- **Times:**

Friday 19.30 - 21.30

Saturday 11.00 - 18.00

Sunday 10.00 - 17.00

Welcome with warm up music half an hour before

Price:

Early bird till 1 juni € 175

after is the regular price € 195

5RTA members get 15% discount

Payment info:

NL51 TRIO 0320 7350 52 to Rimke5Ritmes | Stating your name + BLISS

Contact Rimke Pepers for registration and/or questions:

+31 6 51877857

info@rimke5ritmes.nl

Practical:

Bring a bottle of water.

Comfortable clothes to dance in, layers always work well.

We dance barefoot, but you can wear dance shoes or non-slip socks.

Lunch to share.

Note: The workshop will be given in Spanish with simultaneous translation into English.



“Disappear in your dance, focus on your breathing, and in that song of silence, embrace the mystery of being yourself...that is your prayer” Gabrielle Roth

I look forward to seeing you and sharing our dances.

A warm hug

Laura Carrasco & Rimke Pepers



Laura Carrasco

Certified Teacher in 5 Rhythms Gestalt and Bioenergetic Therapist by the APCP association

Training in Postgraduate Course on Management of Therapeutic Tools

Diploma in Teaching

She has received training in Mindfulness Training

She has received training up to the Third Level of Reiki.

