

# Dancing in the Golden Flower

## with Christian de Sousa

14–15 December 2019



[vereindynamo.ch](http://vereindynamo.ch)

# Dancing in the Golden Flower

**Dancing opens the heart, allowing our emotions to move through us, find expression and be a source of energy and natural vitality.**

The movement brings the possibility of alchemy, allowing us to truly feel and then transform our emotions into energy for healthy living. Dancing is a way of cultivating the ecstatic grace of wholeness, also known as the Golden Flower.

This immersion is an invitation to dance deep, solo and together in community. We will use movement maps from Taoism, the 5Rhythms, and Movement Medicine. All welcome!

**Christian de Sousa** is a trained teacher of both 5Rhythms and Movement Medicine, with 15 years experience of holding groups. He founded the dancingTao collective in London and teaches internationally as faculty for the School of Movement Medicine and One Dance Tribe. He is Swiss, born in Lausanne, and lives in England with his family.

[www.dancingTao.net](http://www.dancingTao.net)



**Date** 14–15 December 2019

**Time** Saturday 18 – 21 Uhr  
Sunday 10 – 16 Uhr  
(Please arrive 20 minutes in advance, we start on time)

**Place** Bruchturnhalle, Zähringerstrasse 16, 6003 Luzern  
(see google maps)

**Price** CHF 160.00, CHF 130.00 for members of Dynamo-Club  
No cash payment on the day of the event!

**Food** Bring some light food for the break on Sunday

**Tip** Slippers in the house are comfortable

## **Bank details (see website)**

Verein DYNAMO, Raiffeisenbank Kriens, 6011 Kriens,  
Attention new account number! IBAN CH33 8080 8006 2135 1473 6. Payment slip only on request. For payments via Post the processing fee has to be paid by the sender!

## **Liability**

Each participant has full responsibility for himself / herself and his / her actions. The association DYNAMO rejects any liability.

## **Registration**

Via our homepage [www.vereindynamo.ch](http://www.vereindynamo.ch). Or mail registration to Marco Unternährer, Oberhusrain 48, 6010 Kriens or per Phone 041 228 90 10.

Within a few days you will receive a confirmation by e-mail or post. The deposit must be made no later than one week before the start of the workshop.