

Dance Holidays

Celebrate Yourself as a Living Being!

 5RHYTHMS®



29. Aug. - 03. Sept.

Bodrum / Turkey

5 days of dancing, swimming, relaxing, being, yoga, meditation, sun, sea, good food, celebration and being touched.

5Rhythms® Dance Holiday in Bodrum, Turkey

Celebrate yourself as a living being ...

(29.08. - 03.09. 2014)

We are open containers using the 5 Rhythms meditation practise to explore our source of life energy. 5 days of dancing, swimming, relaxing, being, yoga, meditation, sun, sea, good food, celebration and being touched.



Karakaya is a uniquely located retreat center on the Bodrum coast of the Mediterranean in Turkey providing workshops for all healing arts ranging from meditation, dance, yoga to permaculture, providing daily classes and sessions year around.

It's mission is to bring the highest regarded teachers in the healing arts to Bodrum, Turkey and provide both Turkish and international visitors an experience dedicated to inner transformation in a festive, healthy and beautiful environment.

www.karakayaretreat.com / www.facebook.com/Karakayaretreat

Course fee: First evening plus 5 days with 2 dance sessions each day.

Early booking 270.- Euro until 27. July, then: 300.- Euro.

Schedule: Arrival on 29. August: first dance session after evening meal. Workshop ends on 3. September in the evening. Departure on 4. September.

Accommodation/Food: Double or triple room: 40.- Euro per night/person* / Single room: 80.- Euro per night/ person* (*includes breakfast and dinner. Lunch for 6.- Euro extra available).

Infos: for booking your course and your accommodation contact: info@atmomusic.com / info@karakayaretreat.com
Book your flight early! To find cheap flights, check out e.g. www.flypgs.com



Atmo Lars Lindvall

has been dancing the 5Rhythms® for 18years. In his 30-year career as a musician he has contributed to a great number of celebrations, meditations and dance events on three continents. He works as a musician, music pedagogue and authorised 5Rhythms®-teacher.

He has been teaching the 5Rhythms internationally since 10 years and also completed the Heartbeat-Training with Gabrielle Roth in 2010, with the focus on exploring the landscape of our emotions.

www.life-expressions.ch / www.atmomusic.com

Enjoy the summer in this beautiful area with its villages and beaches, come a few days earlier or stay on longer!