

Celebrate Yourself as a Living Being!

ॐ 5RHYTHMS

Dance Holidays

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



Bodrum / Turkey

01. - 06. July 2019

5Rhythms® Dance Holiday in Bodrum, Turkey

Celebrate yourself as a living being ...

(01. - 06. July 2019)

We are open containers using the 5Rhythms 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

Schedule: Arrival on July 1st. First dance session after evening meal. 2nd until 5th of July. Dance sessions every day in the morning and evening. Workshop ends at 6th of July lunchtime.

Course fee: 10 dance sessions in total. Early booking: 270.- Euro until 1st of June, then: 300.- Euro. for booking your course contact: info@atmomusic.com

Accommodation/Food: prices vary between 25.- Euro to 80.- Euro depending on your choice of accommodation. Please inquire about several options and book at: info@karakayaretreat.com

Flight-Booking: Book your flight early! To find cheap flights, check out e.g. www.flypgs.com & www.turkishairlines.com (fly to Bodrum/Turkey or to Kos/Greece and transfer to Bodrum with ferry).



Atmo Lars Lindvall

has been dancing the 5Rhythms®, for 22 years. In his 40-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 14 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!