



Paneurhythmy: Awaken to Life

Saturday 3 and Sunday 4 June 2017

Led by Sarah Dawkins

Colwood House, Cuckfield Lane, Warninglid, Sussex, RH17 5SP



"I have come to manifest love and bring it to Earth.
My purpose is to arouse the beautiful, the powerful,
deposited within you since time immemorial"

Beinsa Douno

Come and enjoy the beauty of dancing Paneurhythmy

Paneurhythmy is a joyful, meditational dance that can awaken a potential which lies deep within. The dance has a profound philosophy associated with it. It was created by the Bulgarian Teacher Beinsa Douno, in the Rila Mountains at the beginning of the 20th century. We dance and sing to beautiful and inspiring music with movements that are easy to follow. Literally, the word Paneurhythmy, means 'Supreme Cosmic Rhythm'.

Paneurhythmy relaxes the mind and body; it centres, balances and integrates us, and puts us in right relationship to other people, to nature and ourselves.

Working with the energies of Nature, paneurhythmy is danced outside, in the mornings, between the spring and autumn equinoxes. The simple, graceful movements each have a deep meaning and healing power on the dancers and on the environment.

The workshop is suitable for beginners and the more experienced. On Saturday morning we will learn the first part of the Paneurhythmy, which is danced in a circle. There will also be an opportunity to learn more about the background and ideas behind the Paneurhythmy. On Sunday morning we will continue with the Sunbeams and Pentagram. On Saturday and Sunday afternoons we will make a pilgrimage in the local area.

Details ►

Venue

Colwood House, Cuckfield Lane, Warninglid, Sussex, RH17 5SP, courtesy of Patrick and Rosy Brenan

Programme

09:30 - 13:00, 14:00–16:30

Cost

£75 for the two days; £40 for Saturday only

Information & booking

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