



A Heartbeat workshop  
for advanced dancers

# *A Little Piece of My Heart: The Practice of Courage*

June 8 to 10 2012

*with Kathy Altmann*  
at Studio DanceSpirit, Munich

  
Dance Spirit

A Heartbeat workshop for advanced dancers

## A Little Piece of My Heart: The Practice of Courage

Friday, June 8 to Sunday, June 10 2012

Friday 11:00–18:00, Saturday 11:00–18:00, Sunday 11:00–17:00

Experience Prerequisite: a minimum of 15 hours of instructed Waves work

Costs: € 420.-, early booking until May 1 € 350.-;

reservation with a prepayment of € 200.-

The workshop counts as 20 hours Heartbeat for the Teacher Training.

It will take place in the Studio DanceSpirit in Munich.

Our heart muscle beats thousands of times every day, pumping blood through our system, giving life to our organism. Waves of emotion, big and small, also flood through us daily with feelings and sensations that seem out of our control. Sometimes we find our life force uplifted by these surges, other times we experience our hearts shutting right down.

What if these emotional surges could be experienced as enlivening rather than deadening? What if we knew how to use the strong energies of fear, anger, sadness and joy to fuel our courage and compassion rather than be overwhelmed by our swelling human hearts?

I will be visiting Munich annually over the next five years to offer a piece of the 5Rhythms map known as Heartbeat. In 2012 the curriculum will begin with A Little Piece of My Heart: Courage. In this workshop we will explore what it takes to live courageously.

In the following years we will work with the themes of forgiveness, empathy, joy and compassion, all in the name of love. Although each year there will be a different group of people, we will continue to thread the teachings of the heart each time we meet on the dance floor.

It may take a lifetime to appreciate our emotional terrain rather than demonize or avoid our feelings. May this long term study program be a step into the land of seeing our emotions as allies; how they fuel our communication, creativity and ultimately, our compassion.

*Kathy Altmann*

Assisted by Ron Hagendoorn & Barbara Theiss

*While highly trained in many forms of dance, it wasn't until Kathy's catalytic meeting with Gabrielle 30 years ago that her true calling found her. As Co-Director of The Moving Center School, Kathy was the first person asked to help Gabrielle bring her work out into the world. Over the past 20 years Kathy's teaching has brought thousands of people back to the joy of their own, original movement.*

Information and booking:  
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