

led by Jan Redsted

Heartbeat





Jan Redsted

5Rhythms Waves- ,
Heartbeat- &
Mirrors Teacher.

Psychotherapist.
Diploma in Psychiatry.
Certified (PATP) at
Integrative Psychiatry
Institute (USA)

Assisted the
5Rhythms teacher
training.
Board member of the
5Rhythms® Reach
Out (5RRO) since
2017.

When the body is free, the heart opens

Heartbeat Weekend

The Gabrielle Roth's 5Rhythms HeartbeatMap is a meditative movement of the five essence emotions:

FEAR protects, **ANGER** defends, **SADNESS** releases, **JOY** connects and **COMPASSION** unites.

Emotions and feelings in movement practice

Unhealthy expression of emotion, can contribute to illness. There is a delicate balance between healthy expression and unregulated acting-out of emotions with shallow breathing and muscle tension.

Emotions, positive and negative, can be experienced as a powerful surges of electricity going through the body. An energetic process that occurs and run its course, giving us choice about whether to act out or not.

The real experience of emotions, is experience without acting out. Simultaneously, a complete disappearance of all tension where the Heart opens and gives colors and meaning to life.

Emotions are manifestations of energy that unites body and mind in the heart. It's energy in motion more than the content of our life's stories. The basis for love and an open heart is to be able to sense the vibrating life in the body. When emotions flow freely and spontaneously, like blood circulating, the emotions are pure life energy that ensures our vitality and survival.

Country Town
Dates 2025

Friday 15.- 18.30
Saturday kl. 11 – 18
Sunday kl. 11 - 18

Venue:

xxx

Costs:

Early bird: 1650 DKK 225 € -
Full Price: 1950 DKK - 265 €
Early bird ends 2025

We have limited spaces and registration is valid with the date of payment!

Prerequisites

Beginners are welcome. Its recommended to have participated in 5Rhythms 5RTA accredited teacher. The workshop counts as required 2.5 days Heartbeat workshop for the 5Rhythms Teachers Training

Booking & info:

Phone
Email:

WWW.5RHYTHMS.COM