

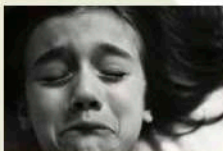


Loving Being Real

**Open Floor Dance Workshop
With Madhuma Thompson**

September 22nd-24th

"So often we feel alone with our feelings. On the Open Floor we value the ability to feel deeply, to find authentic expression for these feelings, and find intimate ways of breaking old barriers to sharing what really matters to us."



It is easy to be real when we are on our true path and aligned with our values. But when things are not going our way it is easy to move into resistance. Our minds, bodies and emotions throw up negative, self-sabotaging loops and patterns that can take us out and away from our immediate experience. Love is the central thing. When our love for 'being real' becomes stronger than our reactions and stories, a tipping point occurs, and with that comes a willingness to BE with whatever arises. What is real and true comes into focus.

Buoyed by our movement practice and our community of willing souls, a real possibility is offered for you to access new layers of emotional intelligence, emotional resilience, and choice.

This is a love affair with the real you. There is no going back. But why on this sweet earth would you?

September 22nd - 24th

Friday 6pm - 8:30pm

Saturday 11am - 6pm

Sunday 11:30am - 5:30pm

Fremantle

Cost \$275./ Conc \$195.

Earlybird \$235. Paid in full by August 1st

Friday Night Only \$25.

**Bookings and enquiries contact
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**www.realrhythms.com
madhumadance@gmail.com
www.facebook.com/Open-Floor-Australia**



My teaching has grown out of 35 years of meditation, spiritual enquiry and the living wisdom of Osho's lineage. Having trained to teach 5Rhythms with Gabrielle Roth in 2007, in early 2016 I branched out to become an Open Floor Movement teacher. My aim is to hold space with a gentle and creative power - teaching to large groups of over 150 as well as smaller classes and workshops in Melbourne and around Australia.

I am certain that whether your dance is one of despair, rapture or simply 'ho-hum', it is the perfect doorway into a more real, alive and wondrous way of being here and now.