

25. July - 01. August 2020

Quinta das Corujas
Portugal

EARTH PRAYERS



International

Circle Dance Training

according to the Harmony -Method[®]

in deep contact with nature

TRAINERS

- | | | |
|---------------|---|---|
| Nanni Kloke | : | Circle Dance / Harmony Method / Nature experience |
| Dani Wildprad | : | Healing-Yoga / Body work |
| Nadja Zerdick | : | Healing-Yoga / Body work |



The work with Nanni Klokes`Harmony Method in deep connection with nature will be the basis of this circle dance training. Additionally to dancing in a closed room an important part of this week will be going out into the nature to invite it to become the mirror of our souls. By creating rituals of movement we can experience our body as a reflexion of our senses and our soul - the body as our temple we live in and are responsible for. If we understand our own body as a microcosmos and build up a mindful relationship to ourselves we will realize that we are also responsible for Mother Earth and that everything is connected. The Basis Education is aiming for the creation of a place where dance, meditation and energetic parts can melt into each other, where movement becomes healing for us and the earth. By repeating grounding and centring exercises, the meditation in movement of the Harmony method, we are able to become aware of the sacred geometry and alignment so that new ways to a higher consciousness of the body are opening up. This awareness we integrate into the common circle dance process . Nanni's knowledge about body awareness through emotional and symbolic expression in movement is completed by her deep spiritual engagement in dance and the relationship with nature.



Healing Yoga is an aspect of the Harmony Method, a practice of movement that offers you insight and understanding about how you use your physical body habitually and helps to suspend incorrect conditioning ; recovery from injuries; breathing and awareness exercises that help you to cope with stress; support to live with yourself in harmony, and harmonizes body, mind and heart. Within the exercises you might discover your faith, balance, presence, acceptance and devotion. Our physical body shall move and our hearts shall love. Yoga is a sanskrit word which can be understood as "union"; a process, a path or a discipline that leads to the unity of the inner self with the Divine. It is a spiritual practice that brings the practitioner to discover the connection with the Highest. If this is God, Allah, Krishna, Jahwe, Mother Earth or a different power of creation that you believe in, the practicing of Healing Yoga can guide you to a deeper relationship with your creator and creates a connection to all living creatures.

By the end of the week everyone will have achieved the basic knowledge about the Harmony method® in theory and practice. Also you will take with you a comprehensive repertoire of circle dance and a deeper connection with yourself and the awareness of co creation with all.

