



* Workshop with world renowned dancer Lina do Carmo
Amsterdam 13&14 February and 15&16 May 2010

Dancing your Reality – DATES FOR 2010

Amsterdam workshops with world renowned dancer Lina do Carmo

FEBRUARY 13 & 14 and MAY 15 & 16

Lina do Carmo will share her passion for Gurdjieff's Movements as a high-energy source, a powerful tool of transformation and a path to joy and inner peace through genuine self-expression.

The dances are a practical method to develop a deeper understanding of who we are. Learning to remember ourselves in the movement will help us to fully experience the reality of what we are doing. Dancing we will be in contact with our own lives.

The dance positions and sequences are very organic. At the same time they challenge our routine. They break with automated patterns of moving and give us an expanded sense of being. They help develop more presence in the body, in the heart and in the mind, creating harmony and unity. With this presence we will get a taste of the sacred. Moving becomes a divine experience.

Presence in the body: grounding, centering, refined body co-ordination, better sense of balance, accurate body posture and awareness, building of new neuronal bridges between the two brain hemispheres.

Presence in the heart: balance between male and female energies, increased sensitivity through the beauty of the movements, silence and music, natural synchronicity with others beyond words, detachment from and non-identification with emotions, deeper connection to oneself, letting go, acceptance, surrender, profound gratitude.

Presence in the mind: more objective perception of reality, better ability to be present, to see, to decide and to act. Higher attention and focus, conscious self-observation, easier connection with higher mental states such as intuition.

The program

Cultivating inner silence, we will focus on the following:

- Practising Gurdjieff's Movements and Sacred Dances
- Self-study and self-observation to help emerge a new feeling of "I".
- Meditation and inner exercises for the development of attention
- Free dance for creativity.
- Circles of sharing: clarifying and deepening our experiences

The origin of the Sacred Dances

The Movements and Sacred Dances are an inseparable part of Gurdjieff's teachings. The movements are based upon traditional dances that Gurdjieff was taught as he traveled throughout Central Asia and Africa. There he encountered Sufi Orders, Buddhist centers, ancient hidden monasteries and other sources of mystic learning. Through practice Gurdjieff came to understand that in the movements was embedded ancient knowledge, passed from generation to generation – each posture and gesture representing some cosmic truth.

About Lina do Carmo (Jai Kartar Kaur)

After having studied dance and theatre in Brazil and the US, choreographer and dancer Lina do Carmo went to Paris where she studied mime with Marcel Marceau. In her artistic work she combines the different techniques of body expression with the imaginative sources of her roots into a unique organic movement language, from which she created several solo shows and group pieces. She performed successfully on festivals and in theatres all over Europe and Brazil.

For Lina do Carmo, dance and spirit are inseparably linked together. She communicates dance as a divine experience, tracing back to previous cultures with their archaic rites. Her individual search for spirituality through dance is deeply rooted in ancient wisdom learned with Indian natives in Brazil, with Indian Yogis or in western traditions. With her large background, she makes links with methods like Kundalini Yoga, Gurdjieff's Movements and active meditations for energetic bodywork, adapting these sources to nowadays: striving for harmony that is a healing for body, and giving expression to the soul.

Sign up information:

Where: Yoga Lifestylstudio, Groenburgwal 9G, 1011 HR Amsterdam,
www.lifestylstudio.nl

When: February 13 & 14 May 15&16, Sat 10:00 to 18:00, Sun 11:00 to 17:00

Workshop fee: Regular Price € 130 for 1 weekend.

EARLY BIRD € 95 for 1 weekend if you pay full amount 2 weeks prior to starting date SPECIAL PRICE € 170 if you book both weekends and pay before January 31

Sign up & contact: For questions contact Guru Deva Kaur, mobile +31 6 415 318 46,
mail: gurudeva@me.com

To sign up sent an email to gurudeva@me.com with your full address details and make the workshop fee into the above account. A. Wallmeyer, account no. 1464 79 815, Rabobank For international transfers please use: IBAN NL29 RABO 0146 4798 15 BIC/SWIFT RABONL2U