

# Awakening 4 – Creativity

## in Acceptance and Joy

Writing this in June 2017 I see a growing ability to accept our unique individual creative abilities as a great resource **to create together** whatever is relevant and necessary for our collective best and thereby our individual best, in the moment. I believe that we/humanity gradually realize that “I cannot have the best unless all have the best”.

In this workshop we will just allow ourselves as much as possible to be creative without cultural judgement and limitations which we often need to take into account in our daily reality. So our lyrical dances will open for and invite to this in many different ways.

And we will of course dance through all The 5 Rhythms, many waves, as always, which is our practice, and which enables us to constantly be in a state where our bodies move, express, relieve, create and integrate whatever is relevant.