



Zero.One

**Be Move Evolve**

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# PASSAGES

Releasing the past

Empowering the future

**with Adam Barley**

21-31.08.2019

Island at Lake Narie, Poland

Passages is a ZeroOne movement journey through your life. An opportunity to let go of some old baggage and become creative with the gifts and wounds you've gathered along the way.

So much is beyond our control! Ancestral imprints and DNA, cultural forces, the vast current of life — we are truly a tiny droplet in a mighty waterfall. Yet we have consciousness, and creativity: a moment of choice that shows up within us over and over. We may not be in control of the waterfall, but we *do* get to choose how we dance within it.

Turn and face the story of your life all the way back to your beginnings. We will retrace our steps steadily back through time, through adolescence and childhood to birth and conception, acknowledging the wounds and gifts we received along the way, respecting the presence of our death that has travelled alongside us as a constant companion. ZeroOne movement practice and enquiry opens the door to surrender to life and reclaim forgotten parts of ourselves. Strengthened by that which has remained whole and healthy since the beginning, we move forwards once again to dive into creativity and vision for a future that genuinely has something to offer the world.

Assisted by Karen Melin.



Adam is one of the co-creators of Zero.One, a new conscious movement practice. He began studying healing and meditation in the early 80s, gravitating to the 5Rhythms in '91, and has a world-wide reputation for powerfully transformative work on the dance floor.

*I have been gathering the experience and wisdom for these teachings through many many years of healing and maturation: as a man, a father and grandfather, and an artist. I am thrilled to have come far enough from my truly crippled beginnings to the place where I can now stand up and say "This is my vision, my offering, my medicine."*

[www.adambarley.com](http://www.adambarley.com)

**When:** 21-31 August 2019

**Place:** Narie Lake by Morąg, Poland

**Price and more details:**  
to be announced soon

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