



Zero.One
MOVE BE EVOLVE

THE ART OF NOT KNOWING

with Adam Barley

12-14 April 2019, Warsaw

RETURN TO TRUST AND INTUITION

THROUGH POWER OF CONSCIOUS MOVEMENT

"The only real valuable thing is intuition."

Albert Einstein

We seek knowing for good reasons; it's as well to get to know ourselves and our loved ones intimately, to know where we're going, what we're doing. Knowledge is a form of power, and immensely useful.

Yet aren't we often dancing in the dark? Not knowing who we are, where we're going, or what to do with our lives?

What if we practised moving with the openness and wonder of not knowing? What happens when we're willing to be with the discomfort of not being in control?

Could the mind's anxious grasping for knowledge become instead a focussed spiritual presence and passion for creative action? Could this subtle space become the meeting place of art and meditation, where we surrender to the innate wisdom of the body and breath? Could this become a practice that serves us in daily life, in the countless moments where we're not in control, where we don't know what's coming?

When we let go of needing to know, we open to a deeper wider state of consciousness. We learn to trust the power of intuition, which is the ability to know without knowing why. Dancing in the dark is an art.

Move, breathe, and pay attention. It's enough.



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'm a big cat hunter and a butterfly with a broken wing, with a teaching style that seeks depth and vulnerability. I have faith in us human beings, and am passionately committed to being part of the evolutionary jump we are engaged in."

www.adambarley.com

When: 12-14 April 2019

Hours: Friday: 6:30-9:30 pm,
Saturday 12:30pm-7pm,
Sunday: 10:30am-4:30pm

Venue: Warsztatownia Tańca,
Marymoncka 34 street, Warsaw, Poland

Price:

550 Polish Zloty - if you pay deposit 150 Zloty by 12th March 2019

650 Polish Zloty -if you pay deposit 150 Zloty after 12th March 2019

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