



# 5RHYTHMS®

## AT HOME IN THE WORLD OPENING TO THE WORLD

5Rhythms® MovementLab  
25.-27. September 2026,  
Izola - Slovenia  
Peter Wilberforce &  
Damjan Makovec

### Coming Home

Home is the anchor. The place of return. The ground from which we can open to and move into the World. Through conscious movement, engaging our kind attention and curious awareness, we explore the body as our point of focus - the centre of our lived experience. Regardless of how we engage with the world, everything we experience — sensations, feelings, thoughts — happens within us. We are the centre of our own universes.

*This 5Rhythms® MovementLab weekend is an invitation to explore how we live inside ourselves, and how we move in the world. To be at home and open, vitally live to all that we dance with and through.*

### Opening to the World

What happens when we open the curtains? When we open the front door? When we open ourselves? What do we discover? What world are we moving in? Our eyes often dominate how we perceive the world. But what if we let go of seeing? How is it to move into the world with all our senses alive and receptive? And as we follow our dance, can we move out into the world without losing our connection to home? Equally, can we inhabit space generously - not shrinking to be acceptable, or expanding without awareness of our impact?

### The Moving Relationship Between Home & World

Home and World are not opposites. They are part of a whole in constantly shifting relationship. Our endeavour is not to find a perfect, fixed balance, but to develop the ease and agility to move between and with them both - inward, outward, opening and closing, reaching out and coming back. Like sitting meditation - the body as point of attention, the world our field of awareness - can we submit to this dynamic relationship and notice the continuous shifting of emotions, thoughts and sensations? And cultivating compassion for ourselves in each moment whatever our experience, can we let it all flow?

*This is deeply human work that allows for our fragility, welcomes our vulnerability, gives permission to falter and, when we get it wrong, the right to try again - and again and again...*

**Peter Wilberforce** is a certified 5Rhythms® teacher, trained by Gabrielle Roth in 1998, Waves level. He integrates a range of body and voice practices into his teaching: Amerta Movement, Alexander Technique, The Feldenkrais Method, Roy Hart Voice work and the Naked Voice. He is currently following the Feldenkrais practitioner training. ([www.bodyvoiceandbeing.com](http://www.bodyvoiceandbeing.com)).

**Damjan Makovec** is a certified 5Rhythms® teacher, trained by Gabrielle Roth in 2008, Waves Level. Arts Therapist UNI-Ljubljana 2016 and trained at the HAKOMI Institute Nuremberg 2015 (body-oriented psychotherapy).

#### LOCATION:

Osnovna šola Vojke Šmuc  
Prešernova cesta 4  
6310 Izola, Slovenia

#### DATES:

25. - 27. September 2026  
Friday 7 p.m. - 10 p.m.  
Saturday 10:30 a.m. - 7 p.m.  
Sunday 10:30 a.m. - 5 p.m.

#### PREREQUISITE:

at least 7 waves with  
5 Rhythms-certified teachers

#### COST:

€ 240,-- Regular Price  
€ 190,-- Early Bird Price  
(with payment before 24. August 2026)

#### REGISTRATION and INFORMATION:

Mirjam Fras, [mirjamfras@hotmail.com](mailto:mirjamfras@hotmail.com)

**The number of participants is limited.**

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