



AT HOME IN THE WORLD  
**COMING HOME**

5Rhythms® MovementLab  
26.-28. September 2025,  
Izola - Slovenia

Peter Wilberforce & Damjan Makovec



"There is a dance only you can do. That exists only in you, here and now, always changing, always true. Are you willing to listen with fascination? If you are, it will deliver you unto the self you have always dreamed you could be." Gabrielle Roth

## COMING HOME

Join us for a weekend to explore how it is to come home to the body, to find the sustaining earth of oneself and accept the inevitable personal gravity of one's body; two days to dance and find a fresh mobility that is a more just expression of oneself from moment to moment.

If we pause and turn towards ourselves, looking inwards, what do we discover? If we slow down enough to allow ourselves to be touched by the energies, qualities and sensations present and moving inside each of us and we invite movement to express what we feel, what emerges? What gestures, what dances come into being?

Taking inspiration from the Feldenkrais Method we will explore the possibility of a more nuanced and subtly dynamic connection to the whole of the body - each part at once independent and interdependent. Using the tools and wisdom of the 5Rhythms® dance we will dance to explore how this new-found connection facilitates more easeful movement and a fresher alertness to one's internal impulses, bringing greater aliveness and authenticity to our moving in and with the world.

**Peter Wilberforce** is a certified 5Rhythms® teacher, trained by Gabrielle Roth in 1998, Waves level. He has studied with different teachers in movement and sound work: Suprpto Suryadamo (Amerta Movement), François Combeau (The Feldenkrais Method), Pan Theatre (Roy Hart Voice work), Chloë Goodchild (The Naked Voice). He is currently following the Feldenkrais practitioner training. Much of his work integrates the exploration of the free voice alongside free movement.

**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:

26. - 28. September 2025  
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 25. August 2025)

### REGISTRATION and INFORMATION:

Mirjam Fras, mirjamfras@hotmail.com,

**The number of participants is limited.**

