

Sarah Dawkins

first danced Paneurhythmy in 1980s, learning the movements through the Scottish School of Paneurhythmy which brought Bulgarian dancers to Scotland. Sarah travelled several times to Bulgaria to dance in the Rila mountains. Sarah has incorporated the dance into many pilgrimages which she focalises alongside her husband, Peter Dawkins, throughout Britain and Europe.



www.zoence.co.uk



Sarah Dawkins

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PANEURHYTHMY



with Sarah Dawkins

Paneurhythmy Supreme Cosmic Rhythm

Come and enjoy the beauty of dancing Paneurhythmy

Paneurhythmy is a joyful, meditational body prayer which has a deep philosophy associated with it. It was created as a dance by the Bulgarian Master Beinsa Douno, in the Rila mountains at the beginning of the 20th century. The music is inspiring and beautiful and most of the movements are easy to follow. Literally, the word Paneurhythmy, means 'the movements and rhythms of the universe'.

Like Yoga, Paneurhythmy relaxes the mind and body; it centres, balances and integrates us, and puts us in right relationship to other people, to nature and the universe.

Working with the energies of Nature, paneurhythmy is danced outside, in the mornings, between the spring and autumn equinoxes. The simple, graceful movements each have a deep meaning and healing power on the dancers and on the environment.

The workshop is suitable for beginners and the more experienced. We will learn the first part of the Paneurhythmy, which is danced in a circle and progress to the second part, the Sunbeams and the third part, the Pentagram. There will also be an opportunity to learn more about the background and ideas behind the Paneurhythmy.

"Paneurhythmy brings life, joy and beauty to the human soul"

Beinsa Douno´



„Nature is my library and source of knowledge about the school of Life.“

Beinsa Douno

The Workshop takes place from 5.-7. April 2019

Friday, 5.4.2019:

19.00 Evening lecture

Saturday, 6.4.2019:

9.00 to 13.00 Dancing

Shared lunch

14.30 bis 18.00 The Pentagram in paneurhythmy

Free evening

Sunday, 7.4.20189:

9.00 to 13.00 Uhr Dancing and final meeting

Please give a donation for Sarah and the house to help us cover the cost.

Please bring something for the shared lunch. Hot and cold drinks will be there.

We will dance outside so please bring warm and waterproof clothes and shoes.