

## ABOUT THE FACILITATORS



**Syv Bruzeau** was trained by Japanese Butoh master Lee Rhizome and learned as well from Eiko and Koma, Katsura Kan, Natsu Nakajima and Tetsuro Fukuhara in New York City and Japan. She also studied Continuum, Feldenkrais Method and Physical Theater and incorporates those learnings in her classes.

Syv believes that movement can be a part of self-healing, self-discovery and creation.



**Amber Sawyer** holds a PhD in Biomedical Engineering, as well as is a Certified Ayurvedic Lifestyle Consultant, Certified Yoga Instructor, Yoga-Dance and Meditation Facilitator. She currently runs a home-based community centre, Satsanga, offering weekly active meditations, yoga,

Ayurveda, kirtans and holistic retreats. Amber's 'research' of the Inner Self continually leads her to the heart where she finds compassion and motivation for providing tools, techniques and a loving space for others to discover their own authentic nature. For more, [www.singasatsanga.com](http://www.singasatsanga.com).



**Francesca Mitchell** began dancing 5 Rhythms in 1996, and after participating in many classes, workshops and intensive courses in Europe and the US, trained to teach in 2000-2001 with Gabrielle Roth and the Moving Center in the US. She taught in London and Brighton (UK) for several years before moving to Singapore, where she

holds a weekly class at Substation. Her personal experience of the 5 Rhythms movement maps has shown her the power the work can offer for transforming 'our suffering into art and our art into awareness', and she is passionate about sharing that with others. For more info, visit [www.danceyourselffree.com.sg](http://www.danceyourselffree.com.sg) or [www.gabrielleroth.com](http://www.gabrielleroth.com).



**Martha Lee, D.H.S.**, is a Clinical Sexologist who conducts sexuality and intimacy coaching, runs sexuality education workshops, and speaks at public education events. She is a certified Laughter Yoga Leader. Her work includes reconnecting and becoming more comfortable with one's body.

Often cited in the local media, Dr. Lee was recognised as one of the Top 50 Inspiring Women Under 40 by Her World in July 2010, and one of the Top 100 Inspiring Women by CozyCot in March 2011. For more, visit [www.eroscoaching.com](http://www.eroscoaching.com).

### Inside-Out: A Celebration of Body & Spirit Through Movement

**Saturday 2nd June**  
**2:00pm - 6:30pm**  
**&**

**Sunday 3rd June**  
**9:30am - 3:30pm**

Emily Hill, Studio 2  
11 Upper Wilkie Road  
off Sophia Rd  
(Near Little India / Dhoby Ghaut MRT)

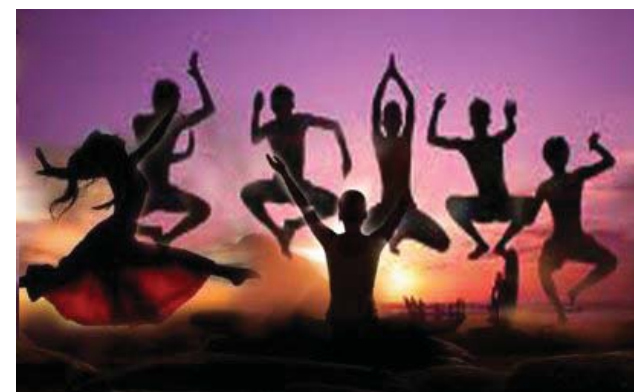
*Bring your own snack for Day 1 and lunch for  
Day 2. Only light snacks will be provided.*

\$100 per day or \$175 for both days



For enquiries & registration, please email  
[dance@eroscoaching.com](mailto:dance@eroscoaching.com).

## Inside-Out: A Celebration of Body & Spirit Through Movement



*Moving Resonance - 5 Rhythms : Introduction*  
*Kundalini Dance Meditation - Ecstatic Breath*  
*Sufi Dance Meditation - 5 Rhythms : Wave*  
*Oneness Flow : Butoh - Laughter Yoga*

**8 classes, 4 teachers, 2 days,  
ONE unique event!**

June 2nd & 3rd, 2012  
Emily Hill, Studio 2, 11 Upper Wilkie Road

## Daily Programme

### Day 1 - Saturday 2 June 2012

2:00 pm	Opening
2:15 pm	Moving Resonance (Syv)
3:15 pm	Break
3:30 pm	5 Rhythms - Introduction (Francesca)
4:15 pm	Break
4:30 pm	Kundalini Dance Meditation (Amber)
5:30 pm	Break
5:45 pm	Ecstatic Breath (Martha)
6:30 pm	End of Day 1

### Day 2 - Sunday 3 June 2012

9:30 am	Sufi Dance Meditation (Amber)
10:30 am	Break
10:45 am	5 Rhythms - Waves (Francesca)
12:00 pm	Lunch
1:15 pm	Oneness Flow - Butoh (Syv)
2:30 pm	Break
2:45 pm	Laughter Yoga (Martha)
3:15 pm	Closing Ceremony
3:30 pm	End

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This special two-day event brings together four teachers specializing in different movement-based practices that offer a variety of ways of connecting to our bodies as a gateway to our inner world. All the sessions are suitable for beginners, and provide an opportunity to try out each different practice.

### Moving Resonance (Syv)

Based on the sound technique called Continuum coupled with movements, this meditative method is a very easy yet powerful tool to increase mobility and bring physical or emotional healing. By using sounds with the breath and movements, you help the body to be more relaxed and flexible, to expand and to release physical tensions. Moving Resonance helps you re-connect with the joy of moving and get a spacious sense of well-being.

### Kundalini Dance Meditation (Amber)

This is an active meditation technique developed by Osho that incorporates movement as a tool of awareness. The meditation has four stages, supported by acoustic music, including shaking, free dancing, stillness and silence. This technique is a unique combination of movement and stillness that allows release, energy flow, witnessing and conscious relaxation.

### 5 Rhythms Dance (Francesca)

Created by Gabrielle Roth, 5 Rhythms is a form of moving meditation that takes you through five rhythmic patterns or movement gateways, and has the power to catalyse healing on a deep level. Inspired by great music, from big beats to laid-back grooves, it can also be uplifting, exhilarating and great fun. The first session will provide an introduction to the practice, and the second an opportunity to drop deeper into the Wave as we move through Flowing, Staccato, Chaos, Lyrical and Stillness.

### Laughter Yoga (Martha)

Suitable for people who are new to or curious about laughter yoga, this will be an easy and gentle introduction into the laughter yoga practice. Laughter is a great catalyst to get to know people, relax and have fun. Laughter comes easily and effortlessly through various playful exercises. There is little speaking throughout the workshop except in gibberish, just come along and enjoy!

### Ecstatic Breath (Martha)

Breathe Rapid-fire multitasking and work stress can cause your breathing to become shallow, bringing less oxygen to your brain, increased blood pressure, and a hyped-up nervous system. Taking conscious breathing breaks is one of the easiest things you can do to shift your experience and make it more fulfilling. Learn how you can live in ecstatic bliss every day, feeling more positive, supported by life, and enjoying each breath you take.

### Sufi Dance Meditation (Amber)

Following in the heart tradition of the Sufis, this one-hour meditation technique utilises dance to bring awareness to our centre, finding stillness amongst centripetal movements. Uplifting music by Shastro accompanies the technique as we journey through repetitive dance that bring us closer and closer to our innermost self.

### Oneness Flow - Butoh (Syv)

Both a healing and creative process, Oneness Flow is a personal journey through the rhythm of your body and the Universe. By letting go of your ego and daily consciousness, your body can find a new freedom in expression and in the way you perceive yourself. Oneness Flow takes you to a place where your body is not bound by any form nor judgment anymore, but is moved by your own memories, feelings and stories, where you can reach and express your emotions. So come and awaken your full body potential!



For enquiries & registration, please email  
[dance@eroscoaching.com](mailto:dance@eroscoaching.com).