

Summer residential retreat
with Adam Barley
21-31 Aug, Lake Narie, Poland

PASSAGES

Releasing the past
Empowering the future

Passages is a ZeroOne movement journey through your life. An opportunity to let go of some old baggage and become creative with the gifts and wounds you've gathered along the way.

So much is beyond our control! Ancestral imprints and DNA, cultural forces, the vast current of life — we are truly a tiny droplet in a mighty waterfall. Yet we have consciousness, and creativity: a moment of choice that shows up within us over and over. We may not be in control of the waterfall, but we *do* get to choose how we dance within it.

Turn and face the story of your life all the way back to your beginnings. We will retrace our steps steadily back through time, through adolescence and childhood to birth and conception, acknowledging the wounds and gifts we received along the way, respecting the presence of our death that has travelled alongside us as a constant companion. ZeroOne movement practice and enquiry opens the door to surrender to life and reclaim forgotten parts of ourselves. Strengthened by that which has remained whole and healthy since the beginning, we move forwards once again to dive into creativity and vision for a future that genuinely has something to offer the world.

Assisted by Karen Melin.

Adam Barley is the founder of ZeroOne, a creative movement meditation practice. He began studying healing and meditation in the early '80s, training with Gabrielle Roth in the '90s to teach the 5Rhythms. He has built a world-wide reputation for powerfully transformative embodiment work, launching ZeroOne in early 2019.



"I'm a big cat hunter and a butterfly with a broken wing, with a teaching style that tends to both 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."

Date:

21-31 August 2019

Place: Narie Lake by Morąg, North - East Poland

(The best is to fly to Gdansk or to Warsaw)

We begin on Wednesday 21th August at 5pm. We finish on Saturday 31st September 2pm.

IMPORTANT! Please make sure that you participate from the very beginning to the end of the workshop.

Price:

Special price for Poland and Eastern Europe:

1800 Polish Zloty (if deposit is paid before 30 May 2019)

2100 Polish Zloty (if deposit is paid after 30 May 2019)

Regular price:

2400 Polish Zloty (if deposit is paid before 30 May 2019)

2700 Polish Zloty (if deposit is paid after 30 May 2018)

Food and accommodation price (3 vegetarian meals)

2 persons room in the cottage - 1350 Polish Zloty per person

2 persons apartament with bathroom - 1550 Polish Zloty per person

If you would like to reserve special diet (lactose or gluten free) for yourself, the additional fee for that is 300 Polish Zloty.

In order to book place please pay deposit of 700 Polish Zloty. Only paid prepayment is reserving your place on the workshop.

Please write to us in order to get all the details and info: movingforfreedom@gmail.com

See you on the dance floor! :) Kinga & Magdalena