

**5Rhythms®HeartBeat™ 'ALL IS ONE' 5Day  
Workshop in Bali August 11th-16th**



# All is One



5 day heartbeat intensive



BALI 11 till 16 august 2019

Welcome to the island of Gods, Bali, with its varied landscape of hills and mountains, rugged coastlines and sandy beaches, lush rice terraces and barren volcanic hillsides all providing a picturesque backdrop to its colourful, deeply spiritual and unique culture stakes a serious claim to be paradise on earth. With world-class surfing and diving, a large number of cultural, historical and archaeological attractions, and an enormous range of accommodations, this is one of the world's most popular island destinations and one which consistently wins travel awards. We are excited that you are going on this journey together with us on this exploration of movement and dance in the most beautiful island on earth!



During this 5day Workshop, we will intimately stay together as a group exploring movements through the 5Rhythms Heartbeat map overlooking the Unda river, the Nirarta Resort <http://www.awareness-bali.com> is surrounded by a ring of green hills in unspoilt East Bali. Only a half hour from both the magnificent mountains and seashores, the resort's lush gardens nestle terraced rice fields.

Nirarta Resort's bungalows are with wooden furnishings and large windows feature throughout the guest rooms. Each is equipped with a fan, mosquito net and private bathroom with shower facilities. At the resort, you can experience the elusive essence of Balinese life, whether sitting in the dining area and simply absorbing the natural setting from which this astonishing culture emerged, or visiting one of the many ceremonies, which punctuate the unfolding rhythm of the Balinese calendar.

Balinese philosophy emphasises harmony between one's inner and outer world around us. Such harmony is essential for flowing with the unfolding patterns of life. Here in Nirarta, it is easy to enter this flow and learn how to make it part of one's life at home.

During the 6 days/5 nights retreat in this resort, we will be served 3 sumptuous yummy vegetarian meals daily with coffee/tea snacks provided in between the dances. There will be some quiet time for dancers during the workshop days to immerse oneself in the nature, one could walk down the river or be out in the big open beautiful garden in the center itself. View some pictures on this link on this resort <https://www.booking.com/hotel/id/nirarta.en-gb.html>

From Denpasar airport, it is about 2hrs drive to the resort and about 1.5hr to Ubud for reference. There is airport pick up availability from the resort costing 450K IDR (approximately 35-40 euros) to be requested, normally a transport charge from airport to Ubud is around 300-350K IDR. Uber or Grab are not a preferred option in the small villages like Ubud as the villagers are driving as their mode of livelihood and we do like to support them when we can. In Kuta or down the south where the chains of hotels with crowded tourists it is easily available for tourists to hire taxis. It is advisable to have some money changed before arriving in Bali, once you are here you can change money for a better rate in all currencies and majority of shops; restaurants; hotels all accept credit cards. In August here in Bali, it's the peak season and as a hot tropical island please do bring along your swim wears; hat; sunscreen; water bottle; flip-flops; sport shoes; repellent; sunglasses; charcoal pills; anything that you might need for the sunny days to the beach or to the mountain!

There are only 4 single rooms available; 13 shared rooms with double bed and single bed on each upper and lower floor on the few



bungalows, we hope to accommodate maximum of 20 dancers in this intimate setting for our exploration together. It would be first come first served for the single rooms and if you are coming as a group of friends who don't mind to share 3 people in a room would be greatly appreciated. There is possibility of extension if you like to stay after or before the workshop that we can arrange with the center with given advance preparation.

**Your Investment for the intensive 5day 5Rhythms® Heartbeat "ALL IS ONE" in Bali with Jup Jansonius:-**

Super early bird by 31st March~ SINGLE @ 825/ DOUBLE @ 725 euros

Early bird by 30th Jun~ SINGLE @ 875/ DOUBLE @ 775 euros

Full price by 1st Aug ~ SINGLE @ 925/ DOUBLE @ 825 euros

The price includes 6 days/5 nights accommodation, 3 yummy vegetarian meals and workshop. Extras that you would need to keep in mind are your own air flight ticket and transportation from the airport to the resort. Do let us know if you need this to be arranged prior your trip whether from the airport or other parts of Bali if you are arriving before.

5RTA members get 15% , local KITAS get 10% on workshops costs.

Registration and payments to be forwarded to:-

Jada Jane Boh / [jadajane04@gmail.com](mailto:jadajane04@gmail.com) / +65 91144823

Payments details /options:-

1) **PayPal** ~[paypal.me/jadajane](https://paypal.me/jadajane) ( 3.4% + 0.35 EUR additional fees applies )

2) **TRANSFERWISE**~ <https://transferwise.com> ( PLEASE REMEMBER TO INDICATE YOUR NAME IN THE REFERENCE )

3) **Bank transfer** ~ BANK : UOB SINGAPORE

SWIFT CODE : UOVBSGSG BANK CODE : 7375

ACCOUNT NO: 352-912-985-6 NAME : BOH CHICK WOON

Note: Refunds are only possible in case of proved emergency. Refunds minus 20% admin fees applicable when we are being informed at least 6 weeks before the workshop. Between 6 and 4 weeks before the workshop a refund of 70% of the workshop price could be given. (Between 4 and 2 weeks refund of 50% , 2-1 week 25% and <1 week 0%). We strongly advise to take a travel and cancellation insurance. We practice the rhythm of Staccato for ourselves and others to be committed in our action.

### **WORKSHOP OUTLINES:-**

About the teacher:

*My name is Jup Jansonius. I dance since 1994 and I am teaching 5Rhythms since 2014. The first time I entered a 5Rhythms class it felt like coming home to a life I intuitively knew existed but was unreachable till that time. For the first time my movement, my energy, my waves through life had a physical vocabulary and an expression. A dance in which I could loose myself, express my sorrow, tap into my joy and connect with my true potential. My heart opened and that first wave blew my mind away. Replacing it with a curiosity that never left me since. During my years of dancing I became curious to what we called the unified field. You know that place where you are connected to everything? For example when you enter a room and you immediately pick up the energy that is in the atmosphere or when you walk down the street and a voice inside you tells you to take another*

*route preventing you from a lot of trouble. Or just the other day on new year's eve my cat disappeared and at first I couldn't find her....I had to let it go, I was sitting in at dinner but something nudged me to go outside and I walked straight up to the place where she was hiding. For me that is magical and logical at the same time; the more I dance the more I feel connected to this unified field and the more it serves my life. It deepens my intuition; protects me and opens my life to tremendous possibilities.*

*The 5Rhythms Heartbeat map offers deep; profound physical and emotional insights on how to navigate in this unified field; how to become more connected with your intuition and true purpose.*

*In this workshop we will clear out everything that is in the way of our connection to the unified field. Using the 5Rhythms Heartbeat map, as our main navigation system; exploring some martial arts techniques; meditation and inquiry as tools to deepen our practice.*

*Discovering the art of solitude, the strength of connection, the creativity of communication (in the broadest sense of the word), the space of the unified field and being centred in the midst of this all. I am looking forward to dance with you!*

~JUP JANSONIUS~

## **PLACES OF INTEREST IN BALI**

These are some places to visit if you have extra time to stay in Bali after the workshop.

### **Guided Tours;**

#### **1)Bali Tour: The Most Scenic Spots**

<https://www.getyourguide.com/bali-l347/bali-instagram-tour-the-most-scenic-spots-t162114/>

2) Bali Sunset: Uluwatu Temple, Kecak Dance and Jimbaran Bay ( if you like seafood , visit Jimbaran Bay for a meal is a must! )

<https://www.getyourguide.com/bali-l347/uluwatu-temple-sunset-kecak-dance-jimbaran-bay-t106717/>

3)Northern Charm: Lake Bratan, Handana Gate, Waterfall & Swing

<https://www.getyourguide.com/bali-l347/bali-living-postcard-tour-most-iconic-spots-t171640/>

4)Ubud: Balinese Cooking Class at Organic Farm

<https://www.getyourguide.com/bali-l347/balinese-cooking-class-at-an-organic-farm-t101019/5>

5)Bali Downhill Cultural Cycling Tour

<https://www.getyourguide.com/bali-l347/bali-downhill-cultural-cycling-tour-t61426/>

### Self Relax Tours

Going nearby East in Candidasa for beautiful white sand beach about an hour drive from Sidemen, check out this eco resort. <https://www.aquariabali.com>

Going into Ubud, many guesthouses to book into and if you don't drive a scooter it is better to book guesthouses that are walking distance in the town itself.

Street names like Jalan Hanoman, Goutama , Monkey Forest, Ubud Palace etc

Jati Cottages - <https://jati-cottages.business.site/website/jati-cottages/>



Bali Bohemia - <https://goo.gl/maps/VALwSefZQyJ2>

Sri Bungalows - <https://www.sribungalowsbud.com>

Eco Swasti Cottages - <https://baliswasti.com>

Jiwa's House - <https://jiwas-house.business.site>

While being in Ubud, there are many activities like yoga; meditation; ecstatic dance in yoga barn every Fridays and Sundays highly recommended but you need to arrive an hour at least to queue for tickets, contact improvisation dance in Paradiso and not to mention our Sundays 5Rhythms Sweat with Sophie 10.30-12pm; singing choir sessions; movie screenings; many raw and health food chains.

Going down South to the beach, for me I avoid Kuta that region as it is crowded with many tourists and drinking partying places so I would recommend Canggu area.

From here you can visit the famous Tanah Lot Temple. <https://www.indonesia.travel/gb/en/destinations/bali-nusa-tenggara/tanah-lot>

Samadhi - Yoga Shala with Sundays organic market is quite a nice thing to hang out in this area. From this link you can find some nice guesthouses nearby. <http://www.bali-indonesia.com/magazine/samadi-sunday-market-canggu.htm>

The Practice - This is another yoga shala in Canggu that you like to check out

<https://www.thepracticebali.com>

Desa Seni - A rustic resort that is really beautiful with Shala within the resort itself if you want to pamper yourself!

<https://www.desaseni.com>

Sanur is the other south-east side of the ocean , a little more mixed of people living there with Canggu more surfers and hippies of the new age spiritual seekers; here in Sanur it is much more laid back. <https://almostlanding-bali.com/things-to-do-in-sanur-bali/>

Please do check in as mother nature rules this island, we live in this fire ring region of natural volcanoes and Mount Agung since Sept 2017 has been on the rate of 3 out of 4 zone alert. We do advise people do not climb the Mt Agung or the vicinity of 4km to be away from the mountain itself to be safe at anytime. Ferries are available for people who want to hop onto nearby islands of Lombok, Gilli etc.



This intensive workshop counts as 5Days Heartbeat pre-requisite to 5Rhythms Teacher's Training.