

Dear dancer,

As our workshop comes closer we'll have some more details on the workshop. We're looking forward to our time together . Please read this letter carefully!

In this letter you'll find:

- **Schedule** of the workshop
- You can order **lunch**, in this letter you'll find a link.
- Details of the venue
- **Preparation and what to bring**
- **We need you to send us:** a photo and some information.
- How to get there, **directions** to the venue of the workshop
- Finishing your **payments**
- connecting to other dancers

Schedule 16-20th of October

Wednesday till Saturday daily from 11-18 (end time approximately) be in time!
Sunday we'll finish at 17

On wednesday the venue will be open at 10, please arrive at 10.30 the latest to check in and give yourself time to settle into the space.

All other days the venue will be open at 10:30
Please arrive in time to be ready to be on the dance floor at 11.

LUNCH

We will have a 1 hour lunch break every day and there will be tea
For your convenience we arranged a very good caterer. This is optional.
You can order a lunch (vegetarian, vegan, meat) for every day. In the area of the venue there not so many options to buy or get some food so we recommend that you consider this option.
Via the links you can pre-order and pay for your lunch. **Please order before oct13TH!!**
You have to seperatly order for each day !
You will get a digital receipt with the date that you can show to us to obtain your lunch.
Lunch will be distributed in the dance space during the breaks.
Tea will be available, we ask you to bring your personal, preferable closed, cup to the venue.
Mark it to know that it's yours.

The lunch menu:

Day 1:

- Vegan - Spicy wrap with a bite and wrap filled with grilled vegetables
- Vegetarian. - luxury sandwich with grilled vegetables and luxury sandwich with different types of cheese.

Day 2:

- Vegan. - Pita bread filled with different types of humus and baba ganoush and lettuce.
- Vegetarian. - luxury sandwich with different types of humus and baba ganoush and lettuce

Day 3:

- Vegan. - Naanbread filled with advocado, salsa and lettuce/ Naanbread filled with chickpeas and lettuce
- Vegetarian. - Naanbread filled with chickpeas and lettuce / Naanbread filled with curry egg and lettuce

Day 4:

- Vegan - Spicy wrap with a bite/ wrap filled with grilled vegetables
- Vegetarian. - luxury sandwich with grilled vegetables / luxury sandwich with different types of cheese.

Day 5:

- Vegan. - Pita bread filled with different types of humus or baba ganoush and lettuce.
- Vegetarian. - luxury sandwich with different types of humus or baba ganoush and lettuce / luxury sandwich with different types of cheese.

[Day 1:](#)

<https://www.ticketkantoor.nl/shop/Tantelvyslunch>

Day 2

<https://www.ticketkantoor.nl/shop/Tantelvyslunch2>

Day 3

<https://www.ticketkantoor.nl/shop/Tantelvyslunch3>

Day 4

<https://www.ticketkantoor.nl/shop/Tantelvyslunch4>

Day 5

<https://www.ticketkantoor.nl/shop/Tantelvyslunch5>

The venue

We will be dancing in a wooden church. A beautiful space with a high ceiling.

Since the workshop is fully booked we will need to create as much space in dressing rooms as possible but there is def no space for suitcases etc.

So we ask you to bring as little as you need for the day and if you stay close or come by car come in your dance clothes so you dont really need to change.

Preparation and what to bring

In preparation for our journey please have read Chapter 3, The Power of Knowing, in Maps to Ecstasy; and, bring the following items with you:

- Photos of yourself at different ages, and of your family (parents, grand-parents, siblings, your children, partners, pets, etc.). We recommend that you bring photocopies rather than the originals.
- Object(s) that represent the life cycles for you. Bring at least one, and no more than five objects. (You will be taking these items home with you after the workshop.) **Bring the objects about infancy and your mother with you to the space on the first day.**
- A journal and pen for use between, and before/after sessions. Please no note taking during the workshop sessions.
- A pillow or zafu, and a shawl or blanket. You will be able to leave these at the space during the workshop. If you are "local" and have extra pillows or blankets that you could bring for use by out-of-towners that would be much appreciated!
- Closed cup and water bottle. We will offer tea and you can drink water from the tap. If you want to drink tea during the workshop, please bring your own closed cup, make sure to mark both your cup and waterbottle.
- additional snacks,
- sweater or cover-up,
- soft-soled dance shoes if this is your preference,
- and, of course, your curiosity.
- Scissors and glue to use at off hours and if you're local please bring some extra for people coming from abroad.

What we need to know about you.

- **A recent picture of you**

To be able to know who is who, we as a team (Tammy, Mirjam and Jup) need a picture of you to create a list of the dancers in the workshop. This list is only for use in the workshop and will not be distributed in any way please send this to: 5Rhythmsamsterdam@gmail.com

- **A filled in form about you. For Tammy, as a guide in this process we need some information about you which only she and Jup and Mirjam as producers can see. we will discard the form properly after the workshop. Please follow the link below**

https://docs.google.com/forms/d/e/1FAIpQLSditU_xisvBHBoZWtcxonaY88syikEnPiAyv9fishDmYg-97g/viewform?usp=sf_link


How to get there

The address of the venue is:

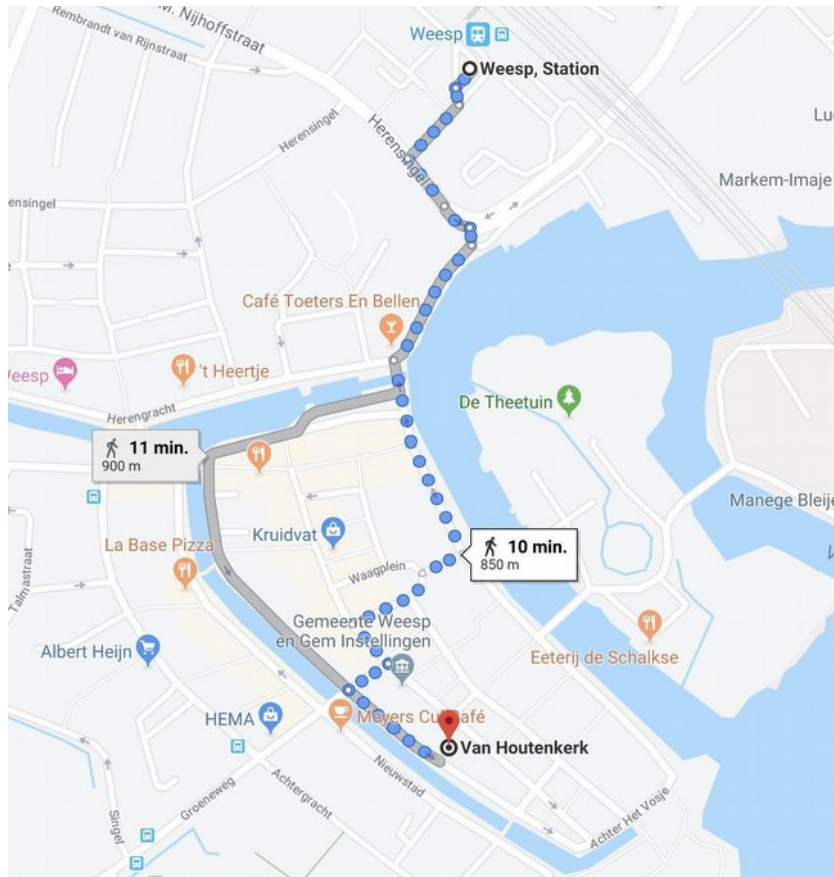
Van Houtenkerk

Oudegracht 69, 1381 XX Weesp

Directions

 train

From Amsterdam Central station or another station take the train to Weesp. Exit the station towards the town center and from there it's a 10 min walk to the van Houtenkerk through the historic village of Weesp

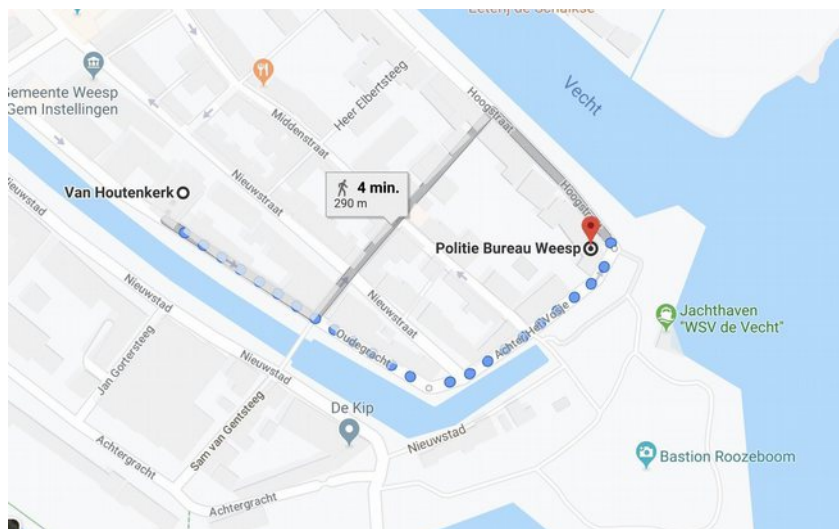


Coming by car

Parking: 𐄂

the closest free parking is at “Achter het Vosje” (free parking) is a 5 min. walk from the venue opposite the police station.

The other free parking option is behind the train station. (see directions above by public transport)



Payments

If you haven't finished your payments, please do so before the first of October. Or if you have made other arrangements with us in that way.

Mirjam van Hasselt
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Cancellation policy

Given the popularity and nature of the workshop we have a strict cancellation policy. This means that you can only cancel with demonstrable and urgent reason.

Between the month and 2 weeks before the start it costs you 50% and 2 weeks or later we charge the full amount. You can take out travel and cancellation insurance to cover any costs. ^뵈 Take a good look at the conditions. These differ per insurance.

Connecting to other dancers

If you want to find other dancers to share a place to sleep in the city, you can post a message in the Facebook Group [5ritmes Amsterdam - 5Rhythms Amsterdam](#). Or on the facebook events page [5Rhythms Cycles with Tammy Burstein](#).

Are you from Amsterdam or surroundings?

If you live in Amsterdam or the surrounding area and you can receive one or more dancers during the workshop. Let us know and we can connect you with dancers or contact us in the Facebook group [5ritmes Amsterdam - 5Rhythms Amsterdam](#). Or on the facebook events page [5Rhythms Cycles with Tammy Burstein](#).

We are grateful to you for the options you can offer people.

For further questions please email us at 5Rhythmsamsterdam@gmail.com or call
Jup 0031 681418018

We look forward to our time together

With Love

Jup, Mirjam and Tammy