

# CYCLES

*Nothing truly dies, energy simply transforms*

**CYCLES HAMBURG:** June 07-11, 2025

Hours: Sat - Tue: 11.00 - 18.30 h, Wed: 11.00 - 16.30 h

Life is a journey. Its route is essentially the same for everyone, even though we start in different settings and with different baggage." Gabrielle Roth

We like to think of everything as being linear...In reality, everything is cyclical. So, it is with the cycles of life.

Our Cycles journey will be a deep investigation into our personal relationship to the rhythms and rituals, teaching and traditions, the people and places that have formed and informed who we are. We make connections, reweave threads, let go of the hurt and humiliations. It is an opportunity to move with the parts of ourselves that we wish to honor & explore as well as those parts of ourselves that we wish to let go of. Common ground connects us all and coming together to explore the cycles of life gives us the opportunity to see ourselves in each other. We honor the people and events that have shaped who we are and the challenges and gifts they left us with and reinvent our inherited self into somebody we truly want to be.



ROOTED SNAKE RICH SOIL  
INTUITIVE VISION  
EFFORTLESS ASCENT  
BROTHER FATHER BEAR  
CALM GENTLE SMOKE WISDOM  
FLYING WITHOUT WINGS

Peter Fodera completed the 5Rhythms teacher training with Gabrielle in 2004, Heartbeat in 2010 & Cycles in 2022. As a founding member of the 5R Reach Out, He continues to work with differently abled communities.

## **OPEN EVENING SESSION:**

Friday, June 06, 20.15 - 22.30 h

This session is part of the workshop but not mandatory.

**VENUE:** Kyodo Dojo [www.kyodo.de](http://www.kyodo.de)

## **PRICE / PAYMENT:**

Workshop: 575 EUR, early bird 535 EUR

Open evening: 40 EUR, early bird 35 EUR

(early bird applies until March 07th)

There is a 15% discount on the full price for 5RTA members and a 10% discount for all under 30 and over 65.

If you wish to attend please send an email with your name, address, phone & a list of Rhythms workshops you did so far to:

**[tom@5RhythmenTom.de](mailto:tom@5RhythmenTom.de)**

**Prerequisites:** Waves and Heartbeat

All workshop hours acquired in CYCLES HAMBURG 2025 contribute to the 5Rhythms Teacher Training prerequisites.

