

A theatrical production scene set against a dark background with golden bokeh. In the foreground, a table covered with a white cloth is laden with various fruits, including grapes, apples, and pomegranates, along with ornate golden vessels and a large bouquet of flowers. In the background, three dancers in flowing, reddish-brown dresses are performing a choreographed movement. To their right, a figure wearing a detailed owl mask and a draped garment stands observing the scene.

5RHYTHMS

God, Sex & the Body

with Alex Mackay Δ Hamburg

Oct. 29–Nov. 1 2026



God, Sex & the Body

with Alex Mackay

OCTOBER 29 - NOVEMBER 1 2026, HAMBURG
INCLUDING AN ARCHETYPAL PARTY

*In the dancing path of the 5Rhythms, „God, Sex and the Body“
is an initiation into being an embodied soul. It is a deeply
personal journey, a celebration like no other, a ritual for the hot
and holy you.*

*It's a call to stretch our imaginations and move through a
spectrum of archetypes, to dress them up in ritual theater, to
get inside them and give them expression. No one else can be
a person exactly like you. No one else can embody your soul,
project your magic or have your specific curiosity. Part lover, part
artist, part god, we were born to rock the world and feel our
way into each others hearts.*

*This workshop liberates and inspires us to emerge a bit more
fascinated with each other and the mystery of it all.*

HOURS:

Wednesday: Opening Session 20.15–22.30
Thursday & Friday: 11.00–18.00
Saturday & Sunday: 11.00–17.00
Saturday: Archetype Ball – location and time tba

PRICE/PAYMENT:

Workshop: 495 EUR (455 EUR early bird until August 31st)
Open evening: 40 EUR (35 EUR early bird until August 31st)
15% discount on the full price for 5RTA members (5Rhythms® teachers)
10% discount for students under 30 or over 66 years old
All workshop hours contribute to 5Rhythms® Teacher Training
prerequisites.

VENUE: Kyodo Dojo, Hamburg → www.kyodo.de

CONTACT/BOOKINGS BY EMAIL ONLY:

Please write with your full name, address, phone number and indication
whether or not you wish to attend the open evening session to:
tom@5RhythmenTom.de. You will then receive payment info.

CANCELLATION POLICY:

Until Oct. 15th: full refund minus 50 EUR processing fee.
After Oct. 15th: full refund minus 25% processing fee.
After October 22nd: no refund (unless participant presents a suitable substitute
who takes his/her place – compensation to be made between participant and
substitute)

PREREQUISITES:

Minimum 15 hours of Waves with an accredited 5RTA teacher. All workshop
hours contribute to 5Rhythms® Teacher Training prerequisites.

ALEX MACKAY has been teaching 5Rhythms® since the 1990s.
She is known for light and depth in her teaching. She has a lot
of energy and loves to dance with the group.
→ www.alexravensister.com