

# Grounded Joy

A 5Rhythms® Heartbeat with Chris Camp



21-22 June 2024  
Münster - Germany

 5RHYTHMS®

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## A 5Rhythms<sup>©</sup> Heartbeat with Chris Camp

"If you carry joy in your heart, you can heal any moment."

– Carlos Santana

Everyone - or at least most people - would like to be happy. There is often both a conscious and unconscious search for joy going on. Even on a body (neurobiology) level we are looking for the right input so we can have an experience of pleasure in our nervous system. Food, drinks, screens, social media, shopping, addiction, ... each of us has their own way to find this feeling of happiness inside. Unfortunately, often this feeling of pleasure is short lived and it doesn't bring long lasting joy.

In this workshop we will use the heartbeat map of the 5 Rhythms to investigate what we call 'Grounded Joy'. Grounded joy is a term used to describe the experience of joy that is anchored in the present moment and connected to the physical sensations in the body. This type of joy is different from fleeting or surface-level happiness, as it is rooted in a deeper sense of well-being and connection to self.

In our heartbeat map we will investigate how fear, anger and sadness influence our ability to feel joy. We will learn how to use these different emotions to help ground our joy in our embodied experience. We will dive into how joy lives in our body and how grounded joy, compassion and gratitude are ancient companions on this journey we call life.

The workshop counts as heartbeat days for the 5 Rhythms Teacher Training.

Prerequisites: 15 hours of waves.

**Location:** Peter-Rosegger-Weg 15, 48155 Münster, Germany

**Date:** 21 - 22 June 2024

**Times:** Friday 19:45 – 22:00, Saturday 11:00 - 18:00

**Price:**

Full price - 140€,

Early booking price - 110€ with payment before 14 April 2024

**Info & Registration:** Naissan Schneider, info@sternendojo.de, +49 2513 910 197

[www.movementforlife.be](http://www.movementforlife.be)



Since early childhood Chris has been interested in how we humans function. Over the years his interest spread out into bodywork, psychotherapy, movement and creative arts. From Shiatsu to Gestalt, Improv theater, Voice Dialogue, Trauma Therapy and many more, he just can't get enough of studying and diving deeper into the healing arts. His deepest love however is for the 5 Rhythms. Once you start to put your body into motion, you open the gateways to magic. Chris will guide you with amazing music deep into your journey of transformation.

