



JONATHAN HORAN

# Journey into Trance

We all long for a place to call home. The way home is a journey into trance. Trance is soul food, an injection of spirit that can carry us for days and weeks through subways and supermarkets, head-trips and heartaches. In trance we move into the bigger picture. And from this vantage point we can see into the dark of our own hearts and let go of all the things that haunt us, relinquish them, turn them over to the Great Spirit.

Every time we hold our breath, we are holding back the Great Spirit and all its awesome power. But it is the very presence of that power we all deeply crave. We crave it because it is a catalyst; it shakes us up, keeps us real. It takes a lot of preparation to let go of being the mover and allow the self to be moved.

This weekend is devoted to unwinding the mind, moving through specific maps and meditations that teach us how to more deeply traverse the world of trance. It is also an opportunity to deepen our 5Rhythms® practice and connect with its roots.

## schedule

**High Vibration Waves**

April 22 - 19.00 - 22.00

**Journey into Trance**

April 23 - 18.00 - 22.00

April 24 & 25 - 11.00 - 18.00

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