

M E T T A

D A N C E

RHYTHMS OF  
KINDNESS

10.02

WAVES  
OF JOY

17.03

MINDFULNESS AT AGORA · LIMITED TO 13 SPOTS

ORGANIC DANCE

FRIDAYS, 19.00 - 20.15 · AT AGORA LISBOA



# RHYTHMS OF KINDNESS

INSPIRED IN THE ANCIENT BUDDHIST MEDITATION: METTA - 'LOVING KINDNESS'. THIS SESSION IS AN ARTISTIC PRACTICE OF LOVE AND CONNECTION WITH THE SELF TO THEN BE EXPANDED AND SHARED WITH OTHERS. WE MOVE TOWARDS EXPLORING COMPASSION THROUGH INTUITIVE DANCING, LOOKING DEEPER AT OUR BODIES, FEELINGS, PERCEPTIONS AND MENTAL FORMATIONS.

THE FIRST SESSION 'RHYTHMS OF KINDNESS' WILL EMBRACE 3 STAGES - EACH ONE EXPERIENCED THROUGH CREATIVE EXERCISES AND MOVEMENT, STARTING AS A PRACTICE OF THE INDIVIDUAL SELF TO SLOWLY EMERGE INTO A COLLECTIVE DANCE.

## **WHERE DOES KINDNESS TAKES US AND WHERE DO WE START?**

AS WE BECOME AWARE OF OUR EMOTIONAL AND PHYSICAL STATES, WE NOTICE WHAT HAS BEEN HOLDING US BACK AND WE TAKE THE OPPORTUNITY TO RELEASE, EXPRESS AND FEEL.

THIS WILL BE A DANCE JOURNEY LEAD BY YOUR INTIMATE SELF AND FOLLOWED BY THE RHYTHMS OF YOUR DANCING BODY.