



25TH MARCH 2023  
11AM – 2PM  
URBAN-RAUM BERLIN

COMMUNITY DANCE EXPLORATION  
– FOR THE JOY OF MOVEMENT

On 25th March 2023, I invite you to a  
**COMMUNITY DANCE EXPLORATION**  
at URBAN RAUM in BERLIN-KREUZBERG.

Let's come together – in community –  
to move, to dance, to explore.  
Let's open a playground to celebrate connection  
with ourselves and others,  
guided by silence and selected music.  
Let's speak with our bodies & hearts, so that they can  
learn, grow, shape & heal each other.  
Let's bring emotions in motion.

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Bring a heart-related, beloved one person to join our  
exploration in space to nourish our beings & bodies.

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Swipe left to get more information about the program.  
The event will be guided in German & English, shaped by the participants.

## PROGRAM

10:30AM – 11AM

WELCOME & LANDING

11AM – 2PM

COMMUNITY DANCE EXPLORATION

with

CLOSING CIRCLE

A SPACE FOR

EMBODIMENT EXERCISES

SELF-AWARENESS PRACTICES

DANCE & MOVE

GUIDED BY A NICE MUSIC SELECTION

TO

CONNECT

COMMUNICATE

LEARN, EXPLORE & GROW

The event will be guided in German & English, shaped by the participants.



## FOR WHOM

- \*People who like to move & dance
- \*No previous dance experiences are necessary
- \*Good physical condition is recommended

## WHOM TO INVITE WITH YOU

- \*A beloved one person you feel a heart-relation to  
(your godchild, child, (grand-)parents, cousins, partners, friends...)  
Let's fill the space intergenerational!
- Note: The Contribution counts for 2 persons!  
You are also welcome to come on your own.

## WHAT TO BRING

- \*Curiosity & Openness
- \*A Culture of Care & Respect
- \*Please bring an object, a talisman, memory ...,  
which has a specific meaning for you
- \*Warm clothes to comfortably move in

The event will be guided in German & English, shaped by the participants.

# THE SPACE



## COMMUNITY DANCE EXPLORATION

– FOR THE JOY OF MOVEMENT

SATURDAY; 25th MARCH 2023

11AM – 2PM

URBANRAUM – RAUM FÜR KREATIVITÄT, BEWEGUNG & INNOVATION

Urbanstraße 93, 10967 Berlin-Kreuzberg, 1. Hinterhof / 2. Stock

U7/U8 Hermannplatz

CONTRIBUTION for 2 PERSONS included

Reduced: 30 € | Standard: 60 € | Sponsorticket: 120 €

REGISTRATION

via IG-Message; E-Mail; Telegram | or see LinkTree in Bio

GET IN TOUCH

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