



Calendar 2026

- April 14 – June 2 **Movement Ritual part two after Anna Halprin**
With 7 new movements we complete the Movement Ritual and deepen our confidence in the practice. 8 Tuesdays 4.30pm - 6pm
- April 18 **Introduction to Healing Arts Therapy**
Experience this holistic, somatic approach, utilizing the expressive arts movement, active visualization, drawing, creative writing. 2pm - 5pm
- May 3 **Spring Cleanse for Body & Mind**
With powerful cleansing herbs, movement and art making we support body and mind in its rejuvenation process. 10am - 5pm see flyer
- May 24
June 28 **Connecting with Nature's Elements**
We will explore and deeply connect with the element Water and Air (first date) and with the element Earth and Fire (second date). 11am - 3pm
- June 7 **Circle the Earth - the Earth Run**
The yearly Planetary Dance - a dance for peace among people and peace with the earth that will be celebrated around the world.
- August 9 - 15 **Nature – a Mirror of our Inner Self**
The nature elements become our great teacher; 7 day outdoor training in the wilderness see flyer
- September 4 - 25 **Healing Journey through our Body Parts**
Revealing the mythology of feet-legs, pelvis, belly, spine, chest-shoulder arms-hands, neck-head, left-right. 4 Fridays 10am - 5pm see flyer
- Sept. 1 - Oct. 20 **Movement Ritual part one after Anna Halprin**
Movement Ritual develops a strong and flexible body and heals injured and weak body parts. 8 Tuesdays 4.30pm - 6pm see flyer
- October 2 - 4 **Healing our Wounded Child**
With this deep trauma work we acknowledge and heal our wounded Self. 2 ½ days, Friday to Sunday see flyer
- December 6 - 27 **Meditation** with sound, breath, prayer, stillness, movement
All spiritual traditions are welcome. Sundays 1.30 pm - 3pm see flyer
- last Saturday
of the month **Just Dance - a fun community event**
Every month we select a different music theme for our dance exploration (no dance skills needed)

Please check for detailed info under www.dimutara.com