



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

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