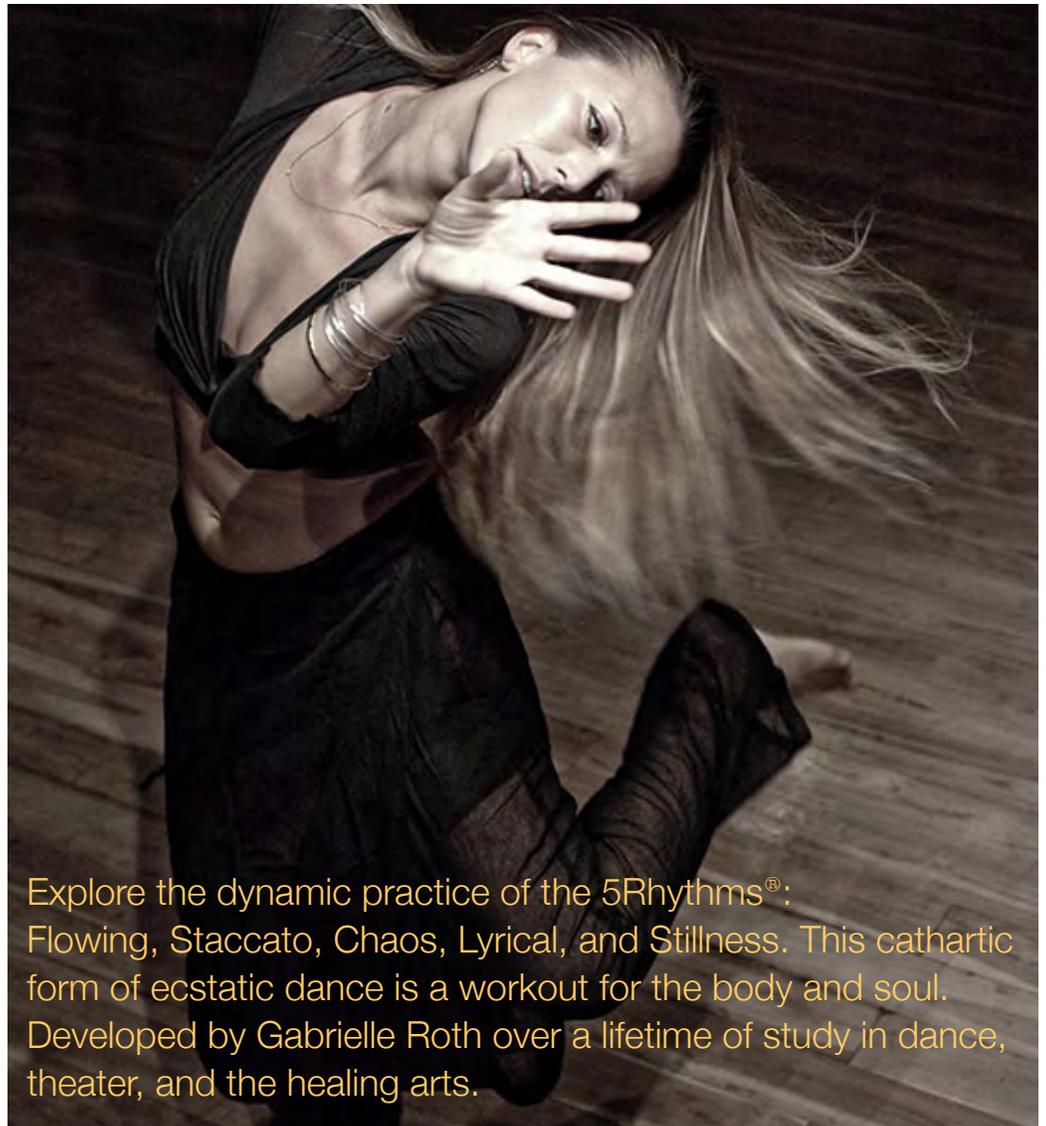


831.915.8590  
250 Heaaula Place  
Haiku, Hawaii 96708



Explore the dynamic practice of the 5Rhythms®: Flowing, Staccato, Chaos, Lyrical, and Stillness. This cathartic form of ecstatic dance is a workout for the body and soul. Developed by Gabrielle Roth over a lifetime of study in dance, theater, and the healing arts.

Lucia Horan was born into the family of the 5Rhythms®. She has been dancing with Gabrielle Roth from the time of her birth. Lucia is recognized as an international teacher of the 5Rhythms®. Her teachings share her great passion for dance and meditation. Lucia currently resides in Maui, Hawaii.

Lucia was raised in the community of Esalen® Institute, in Big Sur, CA. She was certified to teach the 5Rhythms in 1998. Lucia has taught at Esalen Institute (CA), Omega Institute (NY) & Omega's Blue Spirit (Costa Rica), Kripalu, Centro de Ompia (Italy), The Studio Maui (Hawaii), TNK Psychology Institute (Osaka and Tokyo Japan), The Moving Center School (San

Francisco and NYC), Wanderlust Vermont & Oahu, Summit Group Presenter (Summit at Sea).

Lucia has also worked as an expert in the field of Trance Dance & Meditation with the Anthony Robbins group for his Platinum Elite members in 2012 and 2014. In 2016 she was nominated for an honorary Phd from Brown University.

“ *Each of us is a moving center. A place of divine mystery.* ”

- Gabrielle Roth

# BUDDHA-DHARMA TEACHINGS

WITH LUCIA HORAN

LUCIAHORAN.COM

Lucia has been a student of the Buddha-Dharma since 2005. In 2015 she completed her formal three year Dharma Teachers Training. She is now formally empowered to carry forth and teach in all capacities; the Dharma of liberation based on the teaching of the American-Buddhist lineage of Noah Levine, Jack Kornfield, and the forest masters of Thailand including Ajan Chah, Ajan buddhadasa, and the retreat masters of Burma in the lineage of Mahasi Sayadaw.

Her unique perspective has been published in the book, "Dancing With Dharma: Essays on Movement And Dance In Western Buddhism" edited by Harrison Blum, published by McFarland & Company.

Lucia incorporates the teachings of the Buddha-Dharma in all of her workshops, seminars and classes. She is among a small group of revolutionary teachers who are teaching the Dharma from the unique perspective that includes practicing mindfulness in both moving and stillness. Her work includes meditation and dance, integrating the stillness of Buddhist mindfulness

meditation with the moving meditations of the 5Rhythms. Lucia leads focus groups co-teaching with masters in the fields of Buddhist meditation, trauma, addiction, grief, woman's power, Motion Theater®, wild dolphins and yoga. In Addition she is a volunteer teacher for Special Needs Adults at The La'a Kea Foundation in Maui, Hawaii.

Buddha instructed that meditation should be practiced standing, sitting and laying down. He encouraged us to bring wise attention to every aspect of our lives. In sitting meditation, we have the opportunity to observe the mind and body at rest through silent introspection. In the practice of the 5Rhythms, we engage in mindfulness while in motion.

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“Come to dance and be danced! Move until you are moved. Dance until the dancer disappears and only the dance remains.”

- Gabrielle Roth

# BUDDHA-DHARMA TEACHINGS

WITH LUCIA HORAN

LUCIAHORAN.COM

The 5Rhythms is a map that teaches how energy moves. The two polarities of moving and sitting meditation together mirror the dance of life. In this journey we are always moving between these two spectrums. If one learns to not cling or avoid, one can hold the place of the silent witness and be with all that life offers.

We encourage meditation students to practice mindful dancing in order to bring balance and insight into their lives. We invited dancers to engage in sitting meditation in order to embody integration, balance, and insight. Join us for the groundbreaking union of these two deep and wise practices.

“Both Buddhism and dance invite the practitioner into present-moment embodiment. The rise of Western Buddhism, sacred dance and dance/movement therapy, along with the mindfulness meditation boom, has created opportunities for Buddhism to inform dance aesthetics and for Buddhist practice to be shaped by dance.”

- Harrison Blum editor of  
“Dancing With The Dharma”

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# A 5RHYTHMS® WAVES WORKSHOP

WITH LUCIA HORAN

The 5Rhythms® is a moving meditation practice, an improvisational form of dance. This is a map of how energy moves and morphs. It shows us the patterns, rhythms and cycles of life.

Waves, begins with the rhythm of Flowing. This is the Yin energy, the aspect of our nature that knows how to receive. The second rhythm is Staccato, the yang energy. This is the aspect of our nature that gives. The third rhythm is Chaos. This is the holy union of the first two rhythms. Chaos is the result of Flowing and Staccato, it allows us to break open, surrender and empty. Chaos moves us and naturally delivers us into the state of Lyrical. Lyrical is a state of being in which everything is free to lighten, morph and change. Lyrical empties us unto the fifth rhythm, Stillness. Stillness is the state of being that allows us to integrate and unify. Stillness is the realm that lifts the normal veil of separation. Arriving into stillness one can experience a state of embodied presence. This is a place where one can be liberated from the past and reside fully in the

present. This is a place where one can be liberated from the past and reside fully in the present.

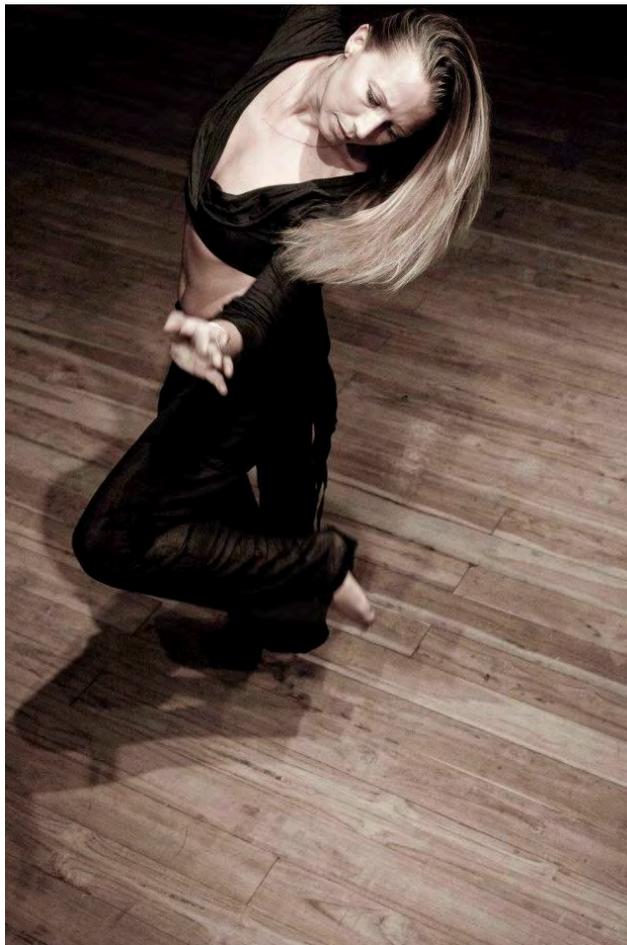
5Rhythms workshops often include; poetry/ writing, ritual theater, compassionate-touch (self-care massage), and sharing circles to integrate and process the experience. We return again and again to the dance as we map the rhythms, waves, patterns and cycles of life. My job is to help people re-establish a safe and loving relationship to their body and mind.

“*Energy moves in waves. Waves move in patterns. Patterns move in cycles. A human being is just this. Nothing more. Nothing less. A dance.*”

- Gabrielle Roth

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“ Love is not a mood but a dynamic way of being. ”

- Gabrielle Roth

## A 5RHYTHMS® HEARTBEAT WORKSHOP WITH LUCIA HORAN

The spontaneous heart is one that knows how to love and be loved. The Heartbeat map is a guide to how our emotional energy moves and morphs. In this practice we embody the art of being a fluid emotional athlete. This map teaches us how to navigate the emotional terrain of life without getting stuck, holding on or pushing away.

We will explore how the body has been shaped by our emotions. We will learn to track when the heart is open and when it is closed. As waves of feeling move through us, we learn how to trust the dance to lead us in a healthy and creative way. Through the embodiment of this practice you will

learn skills to take home and use in your daily life.

This workshop teaches emotional intelligence, raising the Emotional IQ and the ability to clearly communicate feelings in a skillful way. Learning this brings less harm to oneself and all those who you are interacting with.

Understanding the states of fear, anger, sadness, joy and compassion are keys to living a healthy and well-balanced life. Learning of their counterparts of courage, acceptance, forgiveness, emptiness, generosity and connection, also help cultivate the ability to bring happiness and peace into the body, heart and mind.

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**Lucia Horan Dances 5Rhythms**

<https://youtu.be/d1mK7DrBnSU>



**Lucia Horan Dances 5Rhythms**

<https://youtu.be/712LbmJhtkl>



**5Rhythms Human Dolphin Connection**

<https://youtu.be/6VICBah1pi4>



**The Other Side of Here**

<https://youtu.be/SHO-ZQGuJMY>



**"Bridging Heaven & Earth"**

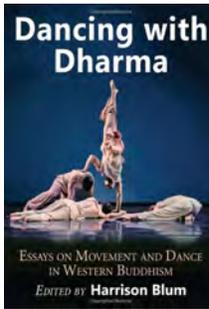
An interview with Lucia Horan  
<https://youtu.be/dRGPYx3SZcc>

“Liberate the body and the heart-mind will follow.”  
- Lucia Horan

**Brochure**



**Book Jacket**



**Conscious Dancer Cover**



**Yoga Journal (Japan)**



**Promotional Posters**



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