

# Dancing in the Dark Solstice Dance Ritual with Christian de Sousa

21./22. December 2024

Lucerne, Switzerland



[vereindynamo.ch](http://vereindynamo.ch)

# Dancing in the Dark

## Solstice Dance Ritual

### with Christian de Sousa



**You are invited to gather and dance at the time of the winter Solstice – to create a field of movement together, celebrate and reach into the returning light.**

When we dance, we are soulful. We embody who we really are and we shine our light into the world. In dark times, we can move and dream into the deeper possibilities of who we are now becoming. Dancing in the darkness we touch the mystery. We remember the ancient knowledge in our bones and find another kind of vision. And we cultivate aliveness and presence for the realities of here and now.

Come: dance and dream!  
All bodies welcome.

[www.glimpsesoflight.art](http://www.glimpsesoflight.art)

### **21./22. December 2024**

Saturday 18.00 – 21.00

Sunday 09.30 – 16.30

Bruchturnhalle  
Zähringerstrasse 16  
6003 Lucerne

Please arrive at least 20 minutes in advance, we start on time!

Take something light with you for the break on Sunday. Blanket/layered look: it can be cool in the hall. Slippers in the house are comfortable. We ask you not to use (strong) perfumes please.

### **Registration on [www.vereindynamo.ch](http://www.vereindynamo.ch)**

You will receive an automatic

**CHF 160.–** passive club member contribution of CHF 20.00 included

**CHF 130.–** for active Dynamo members, who have paid the annual fee of CHF 50.00

**CHF 60.–** costs for Saturday evening only

**Payment must be made to the following account at least one week before the start of the workshop:** Verein DYNAMO, Raiffeisenbank Kriens, 6011 Kriens, IBAN CH33 8080 8006 2135 1473 6

For postal payment: processing fee to be paid by the sender!

Liability: Each participant bears full responsibility for him/herself and his/her actions. The DYNAMO association rejects any liability.



## Teachings

We work and play with The Way of the Dancer, which is Christian's synthesis of the core movement maps of 5Rhythms, Movement Medicine and creative embodiment practices in Taoist and Animist/Shamanic ways.

## Mode

We dance solo, we dance with each other, we dance as a group. We ride the music and we inhabit the silence. There's also time for resting and hanging out.

## Schedule

**Day 1** is an evening session to arrive, dance and connect with each other and the teachings.

**Day 2** we will go deeper into practice and the facilitated trance-dance practice of dancing in the dark. Then we will hold a Solstice Dance Ceremony, moving together in this deep dreaming time for sacred connection and living.

# Christian de Sousa



Christian de Sousa has held space for thousands of people to go on transformative journeys through dance.

Creator of the legendary 5Rhythms dance space Sweaty Thursdays in London, he trained with Gabrielle Roth in 2005. He learned Movement Medicine from its inception, apprenticing and working closely with Ya'Acov & Susannah Darling Khan for over 20 years. He was also mentored by Malidoma Somé and Jean-Claude Audergon.

Born in Switzerland of mixed European ancestry, he grew up in England and developed his practice as a dancer, DJ, facilitator and artist in London and other cities. He lives in the hills in Devon with his family, and learns about enlightenment from the cats.