

Coming Home Dance Workshop with Michael Molin-Skelton

Pentecost Weekend 2024

Friday to Sunday, May 17 – 19, 2024

«It was when I stopped searching
for home within others
and lifted the foundations
of home within myself
that I found there were no
roots more intimate
than those between a mind,
body and soul
that have decided to be whole.»

Rupi Kaur



vereindynamo.ch

Pentecost Weekend

May 17 – 19, 2024



Friday May 17 07:00 PM – 10:00 PM
Saturday May 18 10:00 AM – 05:00 PM
Sunday May 19 09:30 AM – 04:30 PM

Please arrive 30 minutes before, we start on time!

Bruchturnhalle
Zähringerstrasse 16
6003 Lucerne

Registration at www.vereindynamo.ch

You will receive an automatic registration confirmation and further information about the workshop.

Costs

CHF 345.– for passive club members (including Fr. 20.00)

CHF 315.– for active club members of the Verein Dynamo,
annual contribution per calendar year Fr. 50.00 paid

Payment must be made no later than one week before the workshop begins

to the following account:

Verein DYNAMO, Raiffeisenbank Kriens, 6011 Kriens,
IBAN CH33 8080 8006 2135 1473 6

Coming Home

Dance Workshop with Michael Molin-Skelton



What if „home“ were not a destination or a place, but rather a quality of being and a presence of vitality that lives in every moment?

To be at home in the intimacy and solitude of being alone means to openly receive the simplicity of each breath and to let go, honoring our wounds and celebrating our gifts. Being at home in connection and community with another means being rooted in our own beating heart while simultaneously risking sharing our heart with another. Being at home in the community and belonging of others means being ready to take a stand and claim our place while simultaneously creating space for the diversity and beauty of others. Being at home in the infinite mystery of the spirit means surrendering to the teachings of faith, trust, curiosity, and wonder that guide us in our everyday dance of life.

In this workshop, we will use the platforms and landscapes of Soul Motion to find solace in returning repeatedly to our own bodies, breath, hearts, and rhythms. We will dare to push our limits while remaining firmly rooted in each step and keeping our hearts open to the next horizon. Through movement and stillness, silence and sound, observing and being seen, we will dance our dreams and sing through our souls. The journey has begun, the long road of „Coming Home.“

Michael Molin-Skelton

A few things that are sacred to me:



The love of my life – Anneli

The wonder of this love – Jaylan

Integrity

Justice, diversity

Friends who appreciate and challenge me

Resilience

Hugs (now more than ever)

What I put into my body

Trust, hope

Connection

Choice, permission

Dancing alone,
dancing with you

Truth (it's complicated)

Transparency

Love

