**5 RHYTHMS AS A DYNAMIC BODY-ORIENTED MOVEMENT PRACTICE TO SUPPORT PERSONAL INTEGRITY OF A TEACHER**

**5 RITMOV KOT DINAMIČNA TELESNO-ORIENTIRANA GIBALNA PRAKSA V PODPORO OSEBNE INTEGRITETE UČITELJA**

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***Izvleček***

*Kot učitelji smo izpostavljeni stresu. Ponavljajoči se stresni odzivi vplivajo na fizično telo, metabolizem, čustvena stanja in mentalne procese. Znane so številne tehnike, s katerimi lahko omilimo posledice stresa in podpremo svojo osebno integriteto. Prispevek v kratkem predstavlja eno od njih, gibalno-plesno metodo 5Ritmov ustanoviteljice Gabrielle Roth, ki kot telesno-orientirana dinamična praksa raziskuje, povezuje in integrira razsežnosti fizičnega telesa, čustev, racionalnega uma in duhovne ravni človekovega bitja. Temelji na petih načinih fizičnega gibanja (imenovanih pet ritmov - tekoči, staccato, kaos, lirični, globoka tišina), ki jih je G. Roth v svojih zemljevidih ​​povezala z razsežnostmi življenja, kot so na primer ravni bivanja (telesna, čustvena, razumska, duševna in duhovna), čustva (strah, jeza, žalost, veselje, sočutje), senčna razpoloženja (dolgočasje, frustracija, destruktivnost, površnost, otopelost), faze ustvarjalnosti (inercija, imitacija, intuicija, imaginacija, inspiracija), življenjski cikli (rojstvo, otroštvo, puberteta, zrelost, smrt), pet elementov (zemlja, ogenj, voda, zrak, eter), idr. Praksa temelji na zamisli, da vse temelji na energiji, se premika v obliki valovanj, vzorcev in ritmov, ter na izkustvu, da se z ozaveščenim gibanjem telesa v zaporedju vala petih ritmov samodejno premakne tudi psiha, se pri tem spreminja, naravno uravnoveša in postopoma ozdravi v uravnovešeno stanje. Metoda 5Ritmov črpa iz svetovnih staroselskih tradicij, ki uporabljajo načela šamanskega, ekstatičnega in mističnega plesa, iz vzhodnih tehnik meditacije, kakor tudi iz telesno-orientiranih metod psihoterapije, Gestalt terapije in transpersonalne psihologije. Za ples po metodi 5Ritmov niso potrebne predhodne plesne izkušnje, ni omejitev glede starosti ali zmogljivosti fizičnega telesa, ni se potrebno učiti plesnih korakov ali zapletenih teorij. Plesalec namesto tega uporablja svobodni gibalni vokabular, zakoreninjen v nepričakovanih, svežih načinih gibanja - tako postopoma poglablja prakso in osebno izkustvo, širi svoje zavedaje in razumevanje telesno-psihičnih interakcij, izpopolnjuje osebno integriteto in vabi ustvarjalnost v izražanje.*

***Ključne besede:***

*lajšanje stresa, telesno-usmerjena praksa, gibalno-plesna metoda, 5Ritmov® Gabrielle Roth*

***Abstract***

*As teachers, we are subjected to stress. When repeatedly triggered, stress responses affect our physical body, metabolism, emotional states, and mental processes. Numerous techniques can be used to alleviate stress and support personal integrity. This contribution shortly presents one of them, Gabrielle Roth’s 5Rhythms® movement and dance method, which is a body-oriented dynamic practice that explores, connects and integrates physical body with emotions, rational mind, and spiritual dimensions of a human being. The method is based on five types of physical movement (called the five rhythms – Flowing, Staccato, Chaos, Lyrical, Stillness®), which G. Roth in her maps connected to dimensions of human life, such as levels of existence (body, heart, mind, soul, and spirit), emotions (fear, anger, sadness, joy and compassion), shadowy moods (boredom, frustration, destruction, superficiality, numbness), stages of creativity (inertia, imitation, intuition, imagination, inspiration), life cycles (birth, childhood, puberty, maturity, death), five elements (earth, fire, water, air, ether), etc. Fundamental to the practice are two basic ideas: that everything is energy-based, and therefore moves in waves, patterns and rhythms, and the experiential observation that by consciously moving the body in a sequence of the wave of five rhythms, the psyche also moves, changes and gradually balances/heals itself. The practice draws from indigenous world traditions, using tenets of shamanic, ecstatic and mystical dance, eastern meditation techniques, as well as from body-oriented psychotherapy methods, Gestalt therapy,and transpersonal psychology. For dancing 5Rhythms, no previous dance experience is required, and there are no limitations regarding age or physical body. There are no dancing steps or complex theories to be learned: instead, the dancer uses a freestyle movement vocabulary rooted in unexpected,* ***fresh ways of moving – thus gradually deepening the practice and personal experience, expanding awareness and understanding of body-psyche interactions, improving personal integrity, and inviting the creativity into expression.***

# *Key words:*

*stress alleviation, body-oriented practice, movement and dance method, Gabrielle Roth’s 5Rhythms®*