Movement & Stillness in Magical Sri Lanka

with Hoffman Soto & Ranjit Bhagwandas

In order to understand dance, one must be still.
And in order to truly understand stillness one must dance... Rumi





February 7 –16th 2027 (9 Nights)

All Accommodation & Food Included

Join this inspirational journey that combines the joy of movement with serenity and spirit. It's a unique opportunity to work with Soto and Ranjit in Sri Lanka.
This is a journey exploring and practicing movement as meditation and meditation as movement. We will be spending four nights in a Buddhist Monastery Meditating with Monks and exploring Movement, as well as, exploring the interconnectedness of Movement and Meditation. Then we will move to Talalla Beach Retreat for five nights continuing our exploration of Movement and Stillness. To paraphrase a Chinese poem:

Movement is Stillness
Stillness is Movement
Movement is Movement
Stillness is Stillness.

Places are limited to 25 and booking early is advised

Only 2 Places left....

Information about Facilitators

Registration details and Information available on Workshop Infomation & Registration

Contact Ranjit on ranjitbhagwandas@gmail.com or on WhatsApp on +61413261981