



疗愈之舞步

SpaChina特邀撰稿人、6 Degrees水疗顾问公司创始人Richard Williams先生采访了Five® Rhythms舞动冥想培训师Suzie Craddock女士，并与SpaChina杂志分享

我和Suzie已经是十多年的好友加同行了。最开始我们经常在南亚的各类水疗行业会议上碰面。后来在不同时期，我们又都为泰国养生度假村奇瓦颂工作过，我担任过奇瓦颂华欣的SPA经理，Suzie则曾在曼谷新开的奇瓦颂水疗学院提供项目管理支持。

从在澳洲创办国际认证学校到在中国香港、东南亚等地支持SPA的开业筹备，Suzie有着丰富的行业经验和实操经历。目前，她致力于教授Five® Rhythms舞动冥想课程和举办工作坊，如疗愈工作坊——走出忧伤与迷失 (Grief and Loss)，为患有乳腺癌的女性举办的舞动 (Movement) 工作坊，以及为年轻人设计的断网养生系列 (Unplugged Wellness Series)。

Richard:您是如何成为Five® Rhythms舞动冥想培训师，并成为职业之选和一生所爱的？

Suzie:20多年前，我在瑞士苏黎世参加了一场为期五天的健康工作坊项目，参与者中包括资深的Five® Rhythms培训师，那是我第一次接触到Gabrielle Roth设计的这项不可思议的舞动冥想练习。那时的我正处于生命低谷期，经历了离婚，后来又因持续压力被确诊为乳腺癌。

这次体验彻底改变了我的人生。Five® Rhythms练习充满了协作和参与感，影响深远。至此以后，我开始在日常生活中持续进

行这项练习。

Five® Rhythms舞动冥想引导着我去体察生活中的创伤所引发的各种感受和情绪，并获得内在与外在的疗愈。看似只是一个简单的练习，却能帮助我不断探索自己的身体，带我走出局限，放下那些本不该属于我的，也让我发现了一个新的伙伴——舞蹈。跳舞时，我愉悦并专注，这种专注于当下的体验让我从内里得到了疗愈。

Richard:如何一步步深入对这项练习的认识，并不断获得疗愈体验的？

Suzie:在开始这项练习后，我听了许多Five® Rhythms培训师的经验分享，并对此进行思考，实践。练习过程中，一方面，我慢慢的获得了过往创伤的治愈；另一方面，我也在不断获得新的内心的滋养。Five® Rhythms让我找到了新的人生方向，也开启了一段全新的健康旅程。在持续练习多年之后，我自己也成为了一名培训师。

我前往海外进行了密集的培训并于2013年成功结业，最终于2014年2月取得Five® Rhythms舞动冥想培训师认证。

Richard:请向我们介绍一下Five® Rhythms。

Suzie:Five® Rhythms是一项动态的舞动练习，由Gabrielle Roth女士在纽约创立，如今全世界已有数以千计的练习者。Roth将各个文化中的本土元素、传统，萨满教和东方哲学，以

及格式塔疗法相融合，以“连接、协作、艺术表达”为中心，将人们汇聚在一起。如今全球各地已有不少Five® Rhythms认证培训师。

Richard: Five® Rhythms的核心理念是什么？

Suzie: Five® Rhythms的核心是表演艺术。创始人Gabrielle Roth相信：“如果你让身体舞动起来，它就会治愈自己。舞动既像药物一样能治疗，又是一个超越语言、文化、年龄的媒介，将痛苦转化为艺术，艺术转化为觉知，觉知转化为行动。”

每当人们开始练习Five® Rhythms，就会自动的彼此连接在一起，一同舞动、挥洒汗水，一起经历改变，互相支持。Five® Rhythms提供了一个安全的区域让每个人的“自我”放下那些曾紧紧抓住不放的，并唤醒那个异常丰富、充满潜力、创意无限、自由奔放的自己。Roth创造这项练习的指导思想是：一切事物都蕴含能量，以波纹、图案、韵律的方式变换。Five® Rhythms正是通过形如波纹的舞蹈让参与者经历转变。

Richard:这项练习是如何进行的？

Suzie: Five® Rhythms在世界各地都有，通常是在一个安全而神圣的地方进行，可能是大礼堂，也可能是小工作室，以课程或工作坊的形式展开。如今因为疫情的原因，也可以通过Zoom线上进行，参与者自行选择一个户外的自然空间。在练习中，人们自由的表



做自己，没有人会去评判什么。

Five® Rhythms的舞步包括滑动、暂停、无序、抒情、静止五部分，唤醒我们的身体、情绪和精神意识。我最喜欢这项练习的一点是，它让我开始关注自己的身体，感受它的移动、连接、平衡。汗水、呼吸、直觉充满整个练习过程。我们会重拾对自己身体的信任，在舞动中去体察每个身体部位，无论是手臂、盆骨还是双脚。然后你会开始爱上这些往往被忽视的身体部位，对它们燃起崇敬与感恩之情。练习中，我们用富有表现力的动作来尝试放下、舍弃，并深深扎根。Five® Rhythms的认证培训师会为练习精心的设计伴奏音乐。

每一年，每8位女性中就有1位被确诊为乳腺癌，正是出于这个原因，我设计了一项针对乳腺癌患者的Five® Rhythms主题工作坊，叫做Movement A Breast®，已在澳洲珀斯被一家著名的癌症综合疗法集团采纳，我们如今也把这个项目推向了全球各地。

Richard:关于Five® Rhythms练习，您还有什么想分享的吗？

Suzie: Five® Rhythms练习看似简单，却能引导你进行深入的、源源不断的探索，帮助参与者突破自身局限，激发深层创造力，实现与自我和他人之间的连接。大家可以前往Five® Rhythms官网<https://www.5rhythms.com/>了解更多信息。

每一周，我们都会探索不一样的主题，把它融入到练习中。在经历内在蜕变的过程中，我们以身体部位为媒介，更加深入的感知和了解自身。

Richard:参与者如何能体验到Five® Rhythms的灵魂核心所在？

Suzie: Gabrielle Roth认为，韵律驾驭着我们每个独特的个体中所释放的能量。她经常问一

个问题：“有没有哪门学科是让我们通过跳舞做一个自由的灵魂？”我相信，当你沉浸在舞蹈中时，你会自由的以全新的视角看待事物，也会开始审视自己的生活，并在练习结束后继续这么做。所以，Five® Rhythms为人们提供了一个绝佳的方式，来探索自己的身体、心理和精神的独特之处。我们将成为自己未来的设计师。

Richard: Five® Rhythms舞动冥想可以带来哪些益处？

Suzie: 当人们提到冥想，往往浮现在脑海中的画面就是在巴厘岛的度假村里，或是在瑜伽亭中，一个人以莲花坐姿一动不动的呆在那里。但其实冥想也可以以跳舞的形式来进行。Five® Rhythms将不同的舞蹈动作融入冥想，而且它适合所有人。无论你的体型、年龄、长相、性别、灵活度、文化背景是怎样的，Five® Rhythms邀请所有人在舞蹈的世界里彻底放松自我。

很多人不愿意参加舞蹈课，有的是担心不会跳，跟不上节奏，有的是对自己的体型不满意，或者自尊心太强，怕被人笑话。

但其实，跳舞能够带来许多健康益处。首先，它能帮助你打开大脑中的神经通路，这对于认知能力尤为关键。同时，它能增强身体的灵活度，改善情绪，减轻因各种痛苦经历造成的压力。跳舞时，大脑放空，灵魂被唤醒，内心的宁静之感油然而生。此外，我们也会增加对自己身体的认知，并且学着去享受快乐。相关研究表明，跳舞还能有助于身心平衡，提升能量。

Five® Rhythms的练习中，每个人都享受着自己的旅程，探索着自己的身体，同时又同在一个场域里共同经历和舞动，感受五个不同的舞蹈阶段所象征的生命的不同方面。

Richard: Five® Rhythms舞动冥想是否会教给

人们一些“人生课程”？是否有一些具体的健康问题会通过这项练习被解决？

Suzie: 会的，Five® Rhythms舞动冥想会教给我们很多人生课程。首先，我们在练习时可以自由的表达情绪，这让我们意识到自己是一个真实的人。当我们一边舞动，一边打开想象力的大门，会感受到自己是作为独一无二的个体存在，完全专注于当下，既学习着按照自己的节奏起舞，也学习着与他人一起舞动。在这个美妙的过程里，我们将会接受和拥抱自己的不完美。你会感受到一种深深的连接感，以及内心真实的安宁。你也将体验到，住在这个身躯之内是多么美好，毕竟它才是我们唯一的真正的居所。

Five® Rhythms舞动冥想还能增强我们的恢复力、忍耐力和自愈力。我们将会获得勇气，突破局限，战胜生命中的惊涛骇浪。正如Gabrielle Roth所说：“能量转变为波纹，波纹转变为图案，图案转变为韵律，能量、波纹、图案、韵律，而这，不多不少恰好就是——一场舞蹈。”

在这个社交时代，我们常常被各样的负面情绪所充斥着，在Five® Rhythms的练习中，我们可以深入探索，理解自己的情绪。

还有一些人在生命中经历悲伤、迷失，他们可以通过Five® Rhythms调整自己，更好的处理这些创伤经历带来的影响。充满创意，引导人内观深思的舞步，让我们的深层知觉被唤醒，我们开始重新审视过往的经历，直面自己所失去的，重新出发。我们将会更加明白一段痛苦的经历背后的意义，以及发现、接纳、承认在有所失之后的有所得。富有表达性的舞动冥想练习是一个强大的治愈途径，帮助我们在困难的时刻敞开心扉，表达自己的感受，在这一过程里，我们将收获新的盼望。Five® Rhythms不仅仅是一个人独自的旅程，它更是一项社群体验，让我们学会在旅途中彼此支持。

Richard: SpaChina的读者如何能参与Five® Rhythms舞动冥想？

Suzie: 目前在包括香港、上海在内的亚洲各个城市都有Five® Rhythms舞动冥想的课程和工作坊体验，另外，现在我们也通过线上平台组织体验课程。

Richard: 什么是Five® Rhythms社群？哪里可以找到他们？

Suzie: 我们是一群乐于发现、探索、连接、互动的群体，我们也致力于不断更新Five® Rhythms的练习课程。在Global Five® Rhythms的全球官网上可以找到所有参与以及对这项练习感兴趣的人群，大家也可以在网上找到我们所举办的相关活动。

Healing with Five® Rhythms

Mr. Richard Williams, the founder of 6 Degrees Spa Consulting, has interviewed Ms. Suzie Craddock, a teacher of Five Rhythms movement meditation



Suzie and I have been good friends and colleagues for over a decade already, a friendship that began with various rendezvous at Spa industry gatherings in Southeast Asia and a thread that linked us having both worked for Chiva Som, Thailand at different times. Me, as the Health Resort Spa Manager in Hua Hin, and Suzie, project managing for the new build of the Chiva Som Spa Academy in Bangkok.

It struck me that what Suzie offers and teaches is of such profound value to the people who discover and participate in the movement meditation of the Five® Rhythms, that it would be of great value to share this with the readers of SpaChina Magazine.

Suzie has many years of practical wisdom and in-depth experience and offerings in the spa industry, from her internationally accredited school by the government in Australia, to pre-openings of spas in Hong Kong, China, Southeast Asia and beyond. She now teaches Five® Rhythms workshops and classes, including a restorative Grief and Loss workshop, a Movement Workshop for women who have breast cancer, and the Unplugged Wellness Series for youth.

Richard: Tell us about your journey and how this has come to your current home and your professional and life passion of the Five® Rhythms movement meditation practice.

Suzie: I discovered Gabrielle Roth's, (the founder), incredible movement meditation practice over 20 years ago when I attended a 5-day workshop retreat in Zurich, Switzerland, with dedicated and renowned Five® Rhythms teachers. This was during a very traumatic and challenging time in my life, triggered by a tumultuous divorce and later the ongoing stress which I believe activated a breast cancer diagnosis.

The inspiring workshop teachings changed my life. It was collaborative, engaging and impactful. It gave me the platform and solid foundation to follow and participate in this continued embodied somatic movement practice in my everyday life.

This rich Five® Rhythms movement meditation workshop happened for me at exactly the right time, which was to navigate and examine the challenges for my inner and outer healing of various emotions and feelings that were being triggered by trauma. It seemed a

simple practice, however it facilitated a deep unending exploration of my body, moving me from my limitations, and helping me to let go of what didn't serve me anymore, and discover dance as a new companion that gave me joy and presence. Being fully present allowed me to attain and focus on these changes within myself to heal.

Richard: How did you deepen your knowledge of the practice and facilitate your own healing?

Suzie: Drawing in the experience of many Five® Rhythms teachers I was able to access this practice, contemplate, sustain, and embrace all of the above. As well as slowly addressing and healing old wounds as I moved forward, I was able to nurture myself in this alchemical meditative movement practice. It was the hallmark that empowered and uplifted me to find new directions, and set new mindful intentions for myself through a new health and wellness movement journey, and to finally after many years of this practice, train as a teacher of this work.

I was accredited as a teacher after being engaged in this holistic practice for many years. Travelling overseas to get the hours needed to finally qualify to be able to be accepted for the training in 2013 and was finally accredited in February 2014.

Richard: Tell me more about the Five® Rhythms.

Suzie: The Five® Rhythms was started as a dynamic movement practice created by the founder Gabrielle Roth, in New York, and it is now practised by thousands of people all over the world. Elements from indigenous, world traditions, shamanistic and Eastern philosophy, along with Gestalt Therapy were merged by Roth. She brought people together in the spirit of connection, collaboration, and artistic expression. Her work is now a devoted world global movement with many accredited teachers worldwide.

Richard: What exactly is the Five® Rhythms philosophy?

Suzie: The Five® Rhythms is a philosophy and perspective of performance art and a practice rooted in the principal quote from Gabrielle Roth; “If you put the body in motion, it will heal itself. Movement is both the medicine and the metaphor reaching across all languages, cultures, and age groups to transform suffering into art, art into an awareness, and awareness into action.”

Whenever the Five® Rhythms is practised, a community is born to dance, to sweat, to change, and to support. To provide a safe space for each of us to invite the ego to let go of what it holds onto and awaken the juicy, unpredictable, edge walking, creative, wild part of ourselves that yearns to be free. She created a practice with the idea that everything is energy and moves in waves, patterns, and rhythms. Its authentic movement map embodies and transforms us through this wave dance process.

Richard: How is the practice delivered and maintained?

Suzie: The practice is delivered in a safe, sacred

space on various dance floors around the world. From halls to studios, from sessions to Workshops. However, with the Covid pandemic, it can also be delivered on the Zoom platform and can be offered in outdoor, natural, retreat settings. It’s a place where people can express themselves through the veil of vulnerability and be themselves without judgement.

The Five® Rhythms consists of Flowing, Staccato, Chaos, Lyrical, and Stillness. This map takes us to our planes of physical, emotional, and spiritual consciousness. What I love about this practice is it brings awareness to our bodies, awakens, moves, connects, and balances our bodies. The Five® Rhythms helps integrate and taps right into your body, sweat, breath, and intuition, until you're ready to ride the next wave in or out of the dance floor! It helps us regain trust of our body and to find all our anatomical parts in the dance that we have forgotten to observe. Be it the arms or the pelvis, or the feet. It’s about falling in love with these parts of ourselves that we have forgotten, honouring and having gratitude for them. Using expressive movements to surrender and let go, and ground ourselves.

The music playlist is carefully designed for this experience by the accredited Five® Rhythms teachers. For me, it was prayer and spirit that came together in unison, to heal my physical body.

One woman in eight gets diagnosed with breast cancer each year, and for this reason I have designed an amazing workshop called Movement A Breast®, that has been successfully piloted now in Perth, through a well-known cancer integrated therapies group, and is now part of our program offerings worldwide.

Richard: What else would you like to share about the Five® Rhythms practice Suzie?

Suzie: While a seemingly simple process, the Five® Rhythms practice facilitates deep and unending explorations, moving the dancer beyond self-imposed limitations and isolation, into new depths of creativity and connection. *see website: <https://www.5rhythms.com/>

Each week themes are explored and woven into the dance practice. This inner transformative process allows us to know and find ourselves through the instrument of our bodies.

Richard: How can one accomplish the spirit that is Five® Rhythms?

Suzie: Gabrielle Roth quotes the rhythms ride the energy of our own unique spirit, and her question was always, “Do we have the discipline to be a free spirit through the dance?”

I believe when you immerse yourself in the dance, you find the freedom to see things through new perspectives and you learn to investigate and look at your life both on and off the dance floor. This is a powerful way to explore and enquire what is unique to our own body, mind, and spirit, so we can be the architects of our future.

Richard: What are the Five® Rhythms movement meditation benefits?

Suzie: When we think of meditation, we often think of sitting still in a Bali retreat, in a yoga space, or in the lotus position. However, meditation can involve moving your body too, and the Five® Rhythms dance is a great way of incorporating various movements into meditation. What I love about the practice is that it’s for everyone. This movement meditation invites everyone – no matter their size, age, complexion, gender or flexibility, or culture –





THE RHYTHM CENTRE

to lose themselves in the world of dance.

Many people tend to shy away from dance classes, afraid of not being able to keep up with the pace of the choreography, or because they are body-conscious, or self-conscious, or have self-esteem or judgement issues.

Moving and dancing provides many benefits to our health and wellbeing. Firstly, it opens the neural pathways in the brain which is crucial to cognitive processes, it increases mobility and flexibility, it boosts our moods, and alleviates stress from various traumatic experiences. It brings inner peace as it empties the mind, awakens the soul, and embodies the spirit. It raises awareness, connects. Surrenders, enhances, and cultivates a space to bring awareness, curiosity to our bodies, and re-learn to play, and have fun.

Dancing studies have also shown that there's an increased improvement in balance and energy.

Everyone goes on their own journey, exploring their body but sharing the collective experience of the 'wave' or five stages of dancing that mimic different aspects of life

Richard: Are there life lessons or specific health conditions that greatly benefit from the practice of Five® Rhythms movement meditation?

Suzie: Yes, there are various life lessons. The first life lesson is that we get to express our deep emotions through this movement meditation practice, and it gives us a way of validating ourselves as humans. A sense of individuality is created as we learn to experiment with imagination. Our movements become present, we



Richard Williams
出生于新西兰的 Richard 在酒店行业有超过 39 年的工作经验。于全球众多五星级酒店、养生度假村和餐厅工作

过，其中包括澳大利亚希曼岛度假村、伦敦肯辛顿 The Roof Gardens、泰国华欣奇瓦颂养生度假村、曼谷和上海的两家半岛酒店以及巴厘岛的一家养生度假村。他为中国的多家酒店提供过 Spa 培训和运营咨询服务、Spa 理念开发等，包括北京璞丽酒店、厦门七尚酒店、广州 W 酒店等。他也为某有机护肤品牌提供顾问咨询服务。

Richard is a New Zealander by nationality with over 39 years in the hospitality industry working around the globe in 5-star hotels, wellness resorts and fine dining restaurants. From Hayman Island Resort in the Great Barrier Reef, Australia, The Roof Gardens, Kensington, London, Chiva-som International Health Resort, Hua Hin, Thailand, Peninsula Hotels Bangkok & Shanghai, managed a Wellness Resort in Bali, Indonesia. Richard conducts spa training and operational consulting, developing spa concepts, and rolling out Phase 2, pre-openings. Some projects have included The Puxuan, Beijing, The Ruma, KL, The Lohkah, Xiamen, W Hotel, Guangzhou. He lectures for Stenden University, Bali campus and is on an advisory board to an organic skincare brand. Due to the Covid pandemic Richard currently resides home in New Zealand, where he has acted as Chief Wellness Officer to a spa group and now has returned to consulting as he plans his return to Asia.

learn to dance alone, and also dance together in community. This is a powerful process and enables us to accept and embrace our imperfections. Moving among other bodies, you not only feel an amazing connection, and peace, but you also experience how extraordinary we live in the only home we actually have, that is our body.

It also helps in resilience, perseverance, and the capabilities to believe in oneself to heal. We can extend and push beyond our limits to have the courage to overcome the struggles and large waves we ride in our lives. As Gabrielle Roth quotes, "Energy moves in waves, waves move in patterns, patterns move in Rhythms. A human being is just that... Energy, Waves, Patterns, Rhythms. Nothing more, nothing less... a dance".

During the workshop offerings we find a deep understanding of our emotions and we can have them be validated on the dance floor. Especially in these social media times we feel we are not enough, we feel we aren't perfect.

Others are going through various stages of Grief and Loss. The way we can process through the practice helps to adjust to this challenging, traumatic experience. By using various creative reflective movement processes, we can become aware and re-frame the story and adjust to the loss to move forward. This contributes to the insight of our painful journey and the various movement process helps us to rediscover, accept, and acknowledges the depth of our losses. Expressive movement is a powerful healing tool that helps us open up about our feelings in these difficult times. This gives us hope and is a profound intimate group experience that supports the journey.

Richard: How would a SpaChina reader participate in Five® Rhythms?

Suzie: The Five® Rhythms is available in various Asian cities including Hong Kong, Shanghai, and is also available online.

Richard: What is the Five® Rhythms tribe? Where can they be found?

Suzie: It's a community of dancers that wish to discover, tap into, connect, or exchange, celebrate, digest, and refresh our trainings through the Five® Rhythms. Anyone interested or practicing this work can be found on the Global Five® Rhythms web site, or you can find events on social media.