

EMERGE Retreats- Re-tune To Joy Movement and Dance

5-7 December 2025 | ReRoot Space, Maddur

(2 hrs from Bangalore • 1 hr from Mysore)

Have you truly felt the experience of being alive?. Being alive in a human body that is always in motion. A motion that is happening, arriving into and exceeding the supposed limits of rhythm, and pattern.

What does joy have to do with movement and dance, and how is it connected to the spontaneity of intention that presents itself at the moment of catching, holding, and letting go of choices that arrive in time and rhythm?

Dance is to break free from inhibitions, find the connections, and play with patterns in an inner rhythm that is felt in the body, to release the joy that is experienced in this expressive art form.

Contemporary dance is an art form that requires strength, clarity, and loving intention. A practice that requires the courage to rise above the false images that create fixed patterns in the body.

Let us Re tune into our body, and experience, even for the first time, a joy that comes without thinking, to dance in the arms of trust and open ourselves to limitless creation.

Movement Guides

Sachin Shah and Yohan



[Sachin](#) and [Yohan](#) invite you into this space of **liberation, play, and embodied discovery**. Through a progressive series of improvisational tasks, choreographic tools, movement games and sequences, you

will:

- Free yourself from inhibitions to re tune to joy
 - Discover athleticism, speed and efficient release.
 - Collapse doubt to repattern structures of movement and creation.
 - Awaken the joy of your inner child through trust and non verbal communication.
 - Take away a set of tools, experiences, and ideas, that will improve your skill, and shape your craft.
 - Integrate **somatic and mindfulness practices** to deepen awareness of the body, and nurture a grounded sense of belonging — to nature, and to yourself.
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✨ Join if you're looking for

- Contemporary dance, floorwork, Improvisation and Choreography
- Creative Exploration and Movement Games
- Strength, Conditioning and Balance Training
- Acrobatic and athletic skills.
- Somatic & Mindfulness Practices
- Community & Connection
- Skills and Growth as a Contemporary Dancer

✨ At ReRoot Space, we provide

- A sunlit 1100 sq ft dance studio amidst greenery and bird sounds.
 - Outdoor courts for leisure and sports
 - Common areas and Garden spaces for community living and learning
 - Gym Room and equipment.
 - Pondside cottage for the evening
 - Farmhouse living for animal lovers.
 - Wholesome meals cooked with love and nutrition.
 - Shared Cozy Accommodation for rest, sleep and sweet dreams.
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Details

- **Dates:** 5-7th December 2025
 - **Location:** ReRoot Space, Maddur https://maps.app.goo.gl/MjNwiiQxgA38ub8U6?g_st=ipc
 - **Fees:** 5,499/- **Includes** everything above.
 - Discounts available for duo, group and student bookings
 - **Transport can be arranged from Bangalore at additional cost for the group.**
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Schedule



RE-TUNE TO JOY

**5TH-7TH DECEMBER
WITH YOHAN AND SACHIN SHAH**

JOIN IF YOU WANT TO

- Free yourself from inhibitions to re tune to joy through movement self discovery
- Discover athleticism, speed and efficient release.
- Collapse doubt to repattern structures of movement and creation.
- Awaken the joy of your inner child through trust and non verbal communication.
- Take away a set of tools, experiences, and ideas, that will improve your skill, and shape your craft.
- Integrate somatic and mindfulness practices to deepen awareness of the body, and nurture a grounded sense of belonging — to nature, and to yourself.



RE-TUNE TO JOY SCHEDULE

FRIDAY 5 DECEMBER

19:30

CHECK IN

20:30

DINNER

21:30-22:30

**INDOOR GAMES, LEISURE AND
CONNECTIONS**

REROOT SPACE



RE-TUNE TO JOY SCHEDULE

SUNDAY 7 DECEMBER

6:30 - 8:30

**CONTEMPORARY
FOUNDATIONS II BY YOHAN**

9:00-10:00

BREAKFAST

11:30- 13:30

**CONTACT IMRPOV FOUNDATIONS +
JAM**

13:30-14:30

LUNCH

15:00-16:30

OUTDOOR GAMES AND LEISURE

14:30-17:00

SHARING CIRCLE AND GOODBYES

REROOT SPACE



Your Invitation

This is more than a retreat — it is a space to **dance, create, and rediscover** what it means to be free in the body and mind, and rerooted in joy and learning.

Open to: Beginners and Intermediate

Please use this link to sign up for the retreat.

<https://forms.gle/u1aQ3qzoKAFeMKfq8>

See you soon!

1) Our Instagram Page



@REROOT_SPACE

https://instagram.com/reroot_space

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