

About Tata Leban

Tata Leban is an artist, an architect of embodiment, and certified 5Rhythms® teacher.

She is a visionary, devoted to the transformative power of movement.

Born in Tbilisi, Georgia, and rooted in New York City since 2005.

She bridges communities across NYC, Tulum, and Tbilisi,

offering immersive embodiment practices worldwide for the past seven years.

Her healing journey began 20 years ago, when she lost her mother at just 19 years old.

This profound loss became a sacred initiation, a turning point that set her on a path of deep personal transformation.

Through movement and working with plant medicine, she reclaimed the lost, innocent parts of herself uncovering healing, resilience, and the wisdom that now guides her work.

With over a decade of deep commitment to 5Rhythms® Tata's work is an alchemical fusion of dance, rituals, music, and somatic exploration that unlocks the body's innate intelligence.

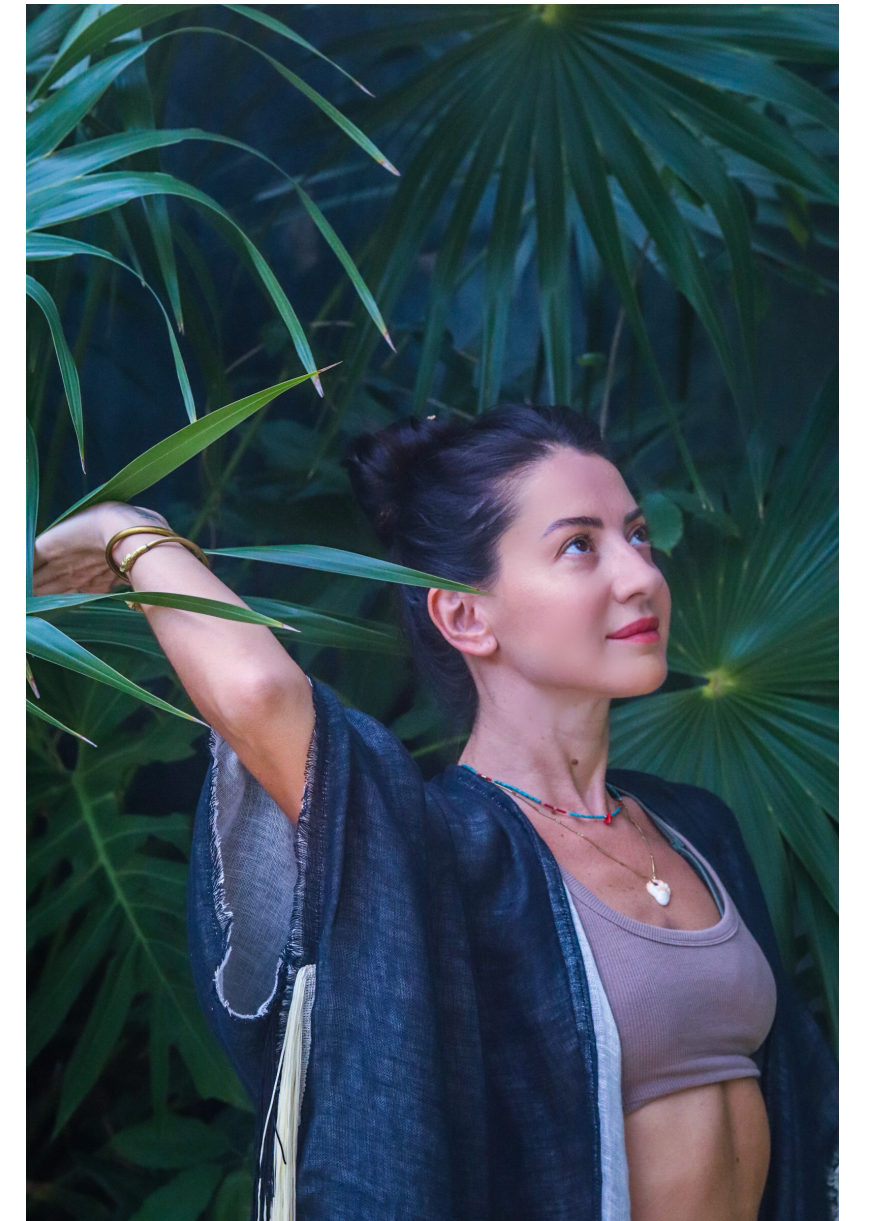
She is known for her intuitive and graceful presence, guiding others through layers of resistance, deepening emotional intelligence, and reclaiming personal freedom.

Tata creates a safe and sacred space where movement becomes a ritual, a medicine, and music a healing force.

Her teaching extends beyond the dance floor into 1:1 mentorship, supporting individuals in navigating life's transitions, healing the mother wound, and stepping fully into their authentic power.

Through her classes, workshops, and personal guidance, Tata embodies compassion and depth, holding space for transformation, healing, and self-discovery. Where every movement is a step closer to freedom.

www.tataleban.com



Nourish & Heal - Motherhood's Sacred Awakening

Through the 5Rhythms® embodiment workshop with Tata Leban, we will embark on a deep, mystical journey into the heart of the Mother.

The mother wound is woven into our bones, shaping how we trust ourselves, how we love, and how we step into our power as women. It whispers fear when we dare to leave the familiar, keeping us in cycles of doubt, instability, and longing. It draws us into relationships that mirror our wounds, inviting us to face the shadows we have long avoided.

In this transformative Nourish & Heal retreat, through the 5Rhythms journey, we will move through the body's wisdom, unlocking the places where grief, fear, and ancestral imprints are stored. Through dance, ritual, and somatic exploration, we will shed old skins, embracing the sacred initiation that calls us home to ourselves.

Guided by the 5Rhythms map and the breath of the sacred feminine, we will journey with the five primordial Mother archetypes.

This retreat is for those ready to reclaim their intuitive knowing, their self-trust, and the full expression of their power. It is for those who feel the call to break ancestral cycles, to dance through the fires of transformation, and to emerge reborn—standing fully in their truth.

Come, dance the death and the rebirth, and awaken the mother within.



About 5Rhythms®

The 5Rhythms®, as a practice, offers a very deep philosophical background. It is the movement meditation, medicine, and the metaphor, cosmology and a dynamic movement practice rooted in the principle that if you put psyche in motion it will heal itself. Movement is both the medicine and the metaphor, reaching across all languages, cultures and age groups to transform the suffering into art, art into awareness, awareness into action.

Created by Gabrielle Roth in the late 1970s and practiced by tens of thousands worldwide.

The map of the 5Rhythms as Gabrielle developed it was a journey that she embarked on to understand human nature.

Wherever the 5Rhythms are practiced, a community is born to dance, to sweat, to change, to support, and to provide a safe space for each of us to shatter the ego's hold and awaken the juicy, unpredictable, fascinating, edge-walking, rock star part of ourselves that yearns to be free.

