

THE PULSÉ

MOVEMENT LAB | INTENSIVE PROGRAM

A photograph of three dancers in motion against a solid red background. The dancers are silhouetted, with their arms raised and bodies in dynamic poses. The dancer on the right has long dreadlocks. The text 'BODY KNOWING' is overlaid in white, bold, sans-serif capital letters.

BODY KNOWING

ROTTERDAM



THE PULSÉ LAB | BODY KNOWING

How often do we experience true clarity — knowing what we want, feeling inspired by life, and energised in our bodies? When life feels blurry, it is time to create space to pause and reconnect.

What is body knowing? And how can we cultivate it from within? We will explore deeper layers of emotion, creativity, and human connection, guiding you back to your own unique form of BODY KNOWING.

This movement program is designed to create space for you to deepen your understanding of your internal world, get clear about what you want, and bring your body back in balance. Each week builds upon various tools, practices, and teachings to help you understand how your body, emotions, and environment interact with each other.



PROGRAM

SESSION 1 — BE | CONNECT TO REALITY

Creating awareness on where we are now.
Introduction to collective and practices.

SESSION 2 — ANCHOR | CREATE CLARITY

Getting clear about what we want and why.

SESSION 3 — CHAOS | LETTING GO

Creating a softer sense of listening to our
bodies in the midst of intensity.

SESSION 4 — CREATE | FINDING NEWNESS

How we will get from where we are now to
where we want to be.

SESSION 5 — HOME | RETURNING

Ceremony of you.

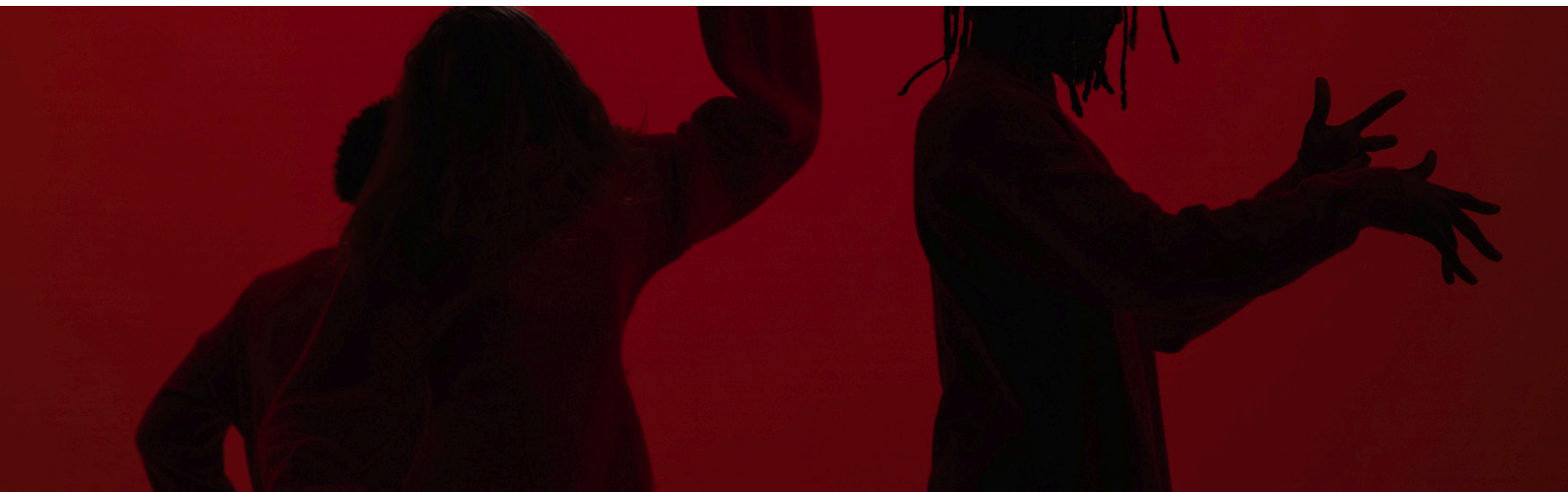
GUIDANCE

This program will be facilitated by Romy Tielman, founder of THE PULSÉ.

THE PULSÉ grew from her work as a film director, where she observed how body language reveals deeper stories on how we navigate the world. Fascinated by how the body communicates beyond words — how it holds and processes emotion, imagination, and creativity. She began researching the body's intelligence. From remote Australia to New York, Japan, and across Europe, her observations focused on how the body remembers, moves, and shapes connection. This ongoing research forms the foundation of the movement practices we offer today.

PRACTICE

THE PULSÉ LAB is designed to use imagination, human connection, and intuitive movement as the foundation for our explorations. We will cultivate a deeper sense of listening to our bodies. Our practices activate primal cellular memory that is millions of years old, allowing you to tap into the intuitive source of human language hidden within the body. This process provides a practical way to enter into states of creative genius. Since the part of our mind that creates feelings is directly connected to the part that imagines, THE PULSÉ LAB is massively beneficial to creativity and problem-solving skills.



COLLECTIVE

Practicing with the same group over an extended period allows us to deepen our practice. As we get to know one another better, we can sink more fully into our personal journeys. The group dynamic provides tools to help carry the insights from THE PULSÉ LAB space into our everyday lives.

FRIENDSHIP

Friendship plays a central role in THE PULSÉ. Navigating life is much easier when we have people by our side who can offer support. In addition to the workshops, we create friendship pods, assigning you to a small group. We believe that being supported throughout this program enhances our personal growth. The pods also help keep you connected and informed if you miss a session.

PRACTICAL

DATES | TUESDAYS

* SEPTEMBER 30
OCTOBER 7
OCTOBER 14
OCTOBER 28
NOVEMBER 4

TIME

18:45 door open
19:00 start session
21:00 finish session

Please note: we start one hour earlier
on September 30 : 18.00 – 21.00

LOCATION

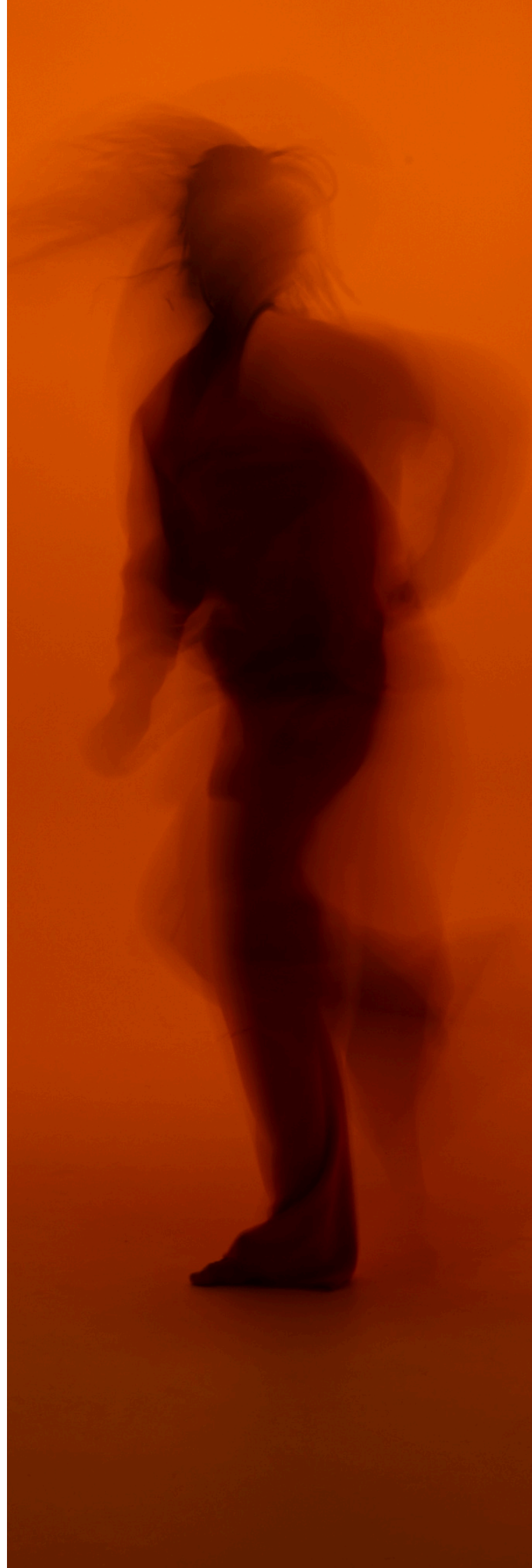
Rotterdam Coolhaven
10 min from Rotterdam Central Station.

PRICE

Program fee is 395 EUR (ex. tax)
including all workshops

For those who would not be able
to attend without financial support
we offer you to pay in installments.

Please contact for request
hello@thepulse.dance



BAR

The PULSÉ LAB is an open and safe space for exploration, connection, unlearning and learning about yourself and others through physical movement and meditation. The sessions in THE LAB are like pressing the reset button on yourself and everything you rationally know about connection. You learn how to hold space within yourself and it is through this space that you can connect with ancient knowing, while simultaneously having a sense of wonder about it.

How Romy effortlessly carries THE PULSÉ as a guardian, channeling profound wisdom about and through movement, through setting the space, through carefully selecting her words, is a great source of inspiration, safety and love.

THOMAS

This was everything my body was subconsciously craving and waiting for, a complete surrender to everything within that wanted to be expressed. A letting go of former walls that I put up through the years, a return to my essence beyond shame. This was the first time I ever let myself and my movements be seen by others, yet the amount of safety in this space, how I felt seen and held, was unforgettable. Tears welled up from deep within as we went into the last hour, a profound sense of release. I promised my body that I would never stop listening to it after this experience.



REVIEWS

MAYSA

The difference I sensed in my day to day life as I was participating in THE PULSÉ LAB was an active integration of body knowing on a level I had never experienced before. Coming from a background in theater and practicing yoga, I thought I knew myself and my body quite well. But THE LAB showed me my own mirror through movement and provided tools that help me connect with my deeper knowing and true experience in life, which are oftentimes covered by fears, ideas and the rush of daily life. Since THE PULSÉ LAB I am able to observe and act from my authentic self more easily.

EMA

After these six weeks I feel more connected to my body than ever before. I have learnt to take space and not be scared about it, to embrace movement and to release emotions that would be stuck in my body. It was one of the most intense and inspirational things that ever happened to me. And because of so much releasing that we did through movement, my overall mental health improved a lot and I feel way less anxious.

SAM

After THE LAB I literally felt: my life will never be the same again. I am redefining healthy values and success. My body was craving this. It was craving to be listened to, to be honoured, nourished and respected. THE LAB was a safe space for me, where I remembered I was safe all along. I was just looking in the wrong places. This program guided me home.