

5Rhythms Dance Workshop

The schedule date : 30-31 october 2010 in Bangkok

Place : Dancing For Health Association Summer Mansion 7th floor
Soi Rohitsuk,Ratchadaphisek 14 Huay Khwang, Bangkok

The schedule date : 2-3 / 6-7 november 2010 in Chaing Mai

Resource Person : Deborah Jay-Lawin

Fee / Workshop 3,300 Baht

Limited to 40 person

Contact : Semsikka -Wongsanit Ashram

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info@wongsanit-ashram.org / www.wongsanit-ashram.org

Bank Deposit

Account Name: Sathirakoses-Nagapradipa Foundation

Account Number: 024-261861-9

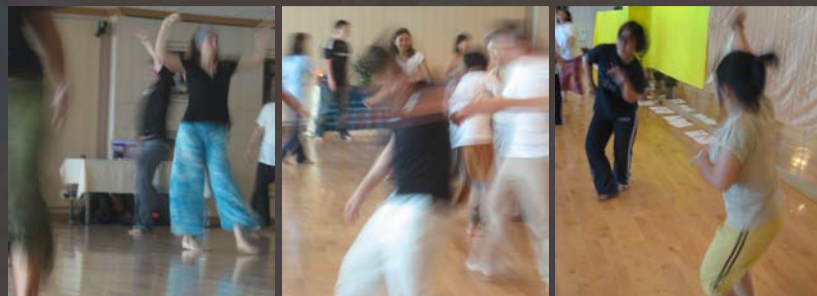
Bank Name: Siam Comercial Bank

Branch: Chareonnakorn

For receipt of confirmation, please send evidence of transfer to :

Fax : (037)-333-184

Email: info@wongsanit-ashram.org



5Rhythms Dance

The Wave[®]

5 Rhythms Dance offers an exploration of movement and of oneself through movement. It was created by Gabrielle Roth, in the USA. She discovered that all movement follows a wave of energy that can be divided in 5 universes of movement : Flow, Staccato, Chaos, Lyrical and Stillness. Each of those Rhythms has specific qualities and delivers specific teachings, and together they create a means to explore our dance, our self, our relationship to others, to our feelings, to our environment, etc. 5 Rhythms[®] is not therapy but the practice of 5 Rhythms[®] is therapeutic and makes us feel alive and vibrant.

The beauty of 5 Rhythms[®] is that it can include everyone : young or old, outgoing or shy, seen at the gym every week or known to be a couch potato, professional dancer or dance dreamer, everyone can dance 5 Rhythms[®].

Gabrielle Roth's 5Rhythms[®] are exhilarating, liberating and ultimately ecstatic to improvisational movement. While the practice itself is the essence of simplicity, it has the power to catalyse deep healing. People all over the world have discovered the freedom and enjoyment that 5Rhythms[®] offers, both on their own and with others who love the same thing.

If you known you love to dance, or even if you feel hesitant, then come along and try this out! All levels of fitness and experience welcome.

5Rhythms Dance Wave's class

Flow Feet, earth, breathing in, mother, soft, round, circles, continuous movement, flexibility | RECEIVE

Staccato Hips and heart, fire, breathing out, father, clear, angles, focus, stops, boundaries | EXPRESS

Chaos Head, water, free breath, teenagers, wild, relaxed, trust, no form, beyond boundaries | LET GO

Lyrical Heart, fingers and toes, air, lightness, shape shifting, actor, actress, trance, joy, together | PLAY

Stillness Breathe, emptiness, presence, focus, spirit, prayer, slow, quiet, compassion | BE DANCED



Deborah Jay-Lawin has spent more than 20 years combining her passion for 5Rhythms[®] with her deep love of the spiritual principles she has learnt whilst living in the Findhorn Community in Scotland. She teaches regularly in Scotland, Europe and South-East Asia. Her workshops are known for being full of vitality, open heartedness and a unique approach that awakens transformation. Deborah is engaged in ongoing study with Gabrielle Roth and is certified to teach both Waves[®] and Heartbeat[®] levels.

www.vitalmoves.co.uk / www.gabrielleroth.com