



5 R H Y T H M S[®]

Endless Wave

A Moving Center Workshop

5 Rhythms[®] Movement Practice of Gabrielle Roth
Weekend Workshop led by Silvija Tomčik Kelly

5Rhythms®

The 5Rhythms® comprise a simple movement practice designed to release the dancer that lives in every body, no matter what its shape, size, age, limitations and experience. To find your dance is to find yourself at your most fluid and creative level. While the practice itself is the essence of simplicity, it has the power to catalyze deep healing and creative expression. The primary teaching of this work is: If you put the psyche in motion, it will heal itself.

The five rhythms are: Flowing, Staccato, Chaos, Lyrical, and Stillness. They come together to create the Wave, a movement meditation practice. Rather than having steps to follow, each rhythm is a different energy field in which you find your own expression and choreography, thereby stretching your imagination as well as your body. Each rhythm is a teacher and you can expect to meet different and sometimes unknown aspects of yourself as your dance unfolds and your practice of the rhythms deepens over time.

"Movement is my medicine: it's my meditation, my practice. It is what I do no matter how I feel. We were all born to move, to surrender to the beat. Your soul is a dancer. No effort. No judgement. Pure energy in the moment."

—Gabrielle Roth

Dates

Thursday 11 November, 7:00 pm–9:30 pm

Friday 12 November, 11:00 am–6:00 pm

Saturday 13 November, 11:00 am–5:00 pm

Prices

Thursday Evening Class Ladies Only 150 AED

850 AED for the whole workshop (Thursday evening to Saturday). Early booking price before 11th of October is 700 AED (non-refundable deposit of 350 AED).

750 AED for the weekend workshop (Friday to Saturday). Early booking price before 11th of October is 625 AED. (non-refundable deposit of 350 AED).

Payment via Cash or Wire transfer.



Silvija Tomčik Kelly

Silvija Tomčik Kelly, Zagreb, first Croatian 5 Rhythms teacher (Waves training in 2001, and Heartbeat training in 2010, with Gabrielle Roth in the USA) who, as an organiser, brought this practice to Croatia and neighbouring countries. Silvija has been teaching 5 Rhythms regularly both nationally and internationally (Hungary, Austria, Germany, Holland, England, Belgium) for the last 8 years. She is a committed, passionate and grounded teacher. Teaching and dancing are her natural gifts.

Information and bookings

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This workshop does not require any previous experience in dance. All levels are welcome.