

# Awakening to Dance

A 5Rhythms®  
Waves® Workshop  
with Deborah Jay-Lewin

24–26 March 2011  
The Shelter, Dubai

For booking & information: Contact Lina 050-450-9595 or Lanae 050-240-2661 or email: [5rhythmsdubai@gmail.com](mailto:5rhythmsdubai@gmail.com)



*“Energy moves in waves. Waves move in patterns. Patterns move in rhythms. A human being is just that, energy, waves, patterns, rhythms. Nothing more. Nothing less. A dance.”* (Gabrielle Roth)



**Deborah Jay-Lewin** has an original teaching style that combines more than 20 years of her passion for 5Rhythms® with her integration 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 invites transformation. Deborah is engaged in ongoing study with Gabrielle Roth and is certified to teach both Waves® and Heartbeat® levels.

[www.vitalmoves.co.uk](http://www.vitalmoves.co.uk)  
[www.gabrielleroth.com](http://www.gabrielleroth.com)



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A weekend of **Gabrielle Roth's 5Rhythms®**, an exhilarating, liberating and ultimately ecstatic approach to improvisational movement. The 5Rhythms are *Flowing, Staccato, Chaos, Lyrical* and *Stillness*. They come together to create the **Wave®**, a movement meditation practice. As creatures of habit, we often limit our full range of expression, only moving in conditioned ways we feel comfortable with. This causes us to lose some of our vitality as we become restricted in our physical, emotional and mental health & creativity. Moving through these 5Rhythms shakes all this up, inside and out.

The invitation is to fall in love with the dance in you – whether you are being introduced to the Wave® for the first time, or refreshing the dance you may have become accustomed to. Come expand your breath and presence – in all your dances. It's a joy.

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. All levels of fitness and experience welcome.

**TIMES:** 24 March (Thursday), 7–9.30pm: **Waves® Introduction**  
25–26 March (Fri/Sat), 10am–5pm: **Weekend Workshop**

**VENUE:** The Shelter Dubai (see [www.shelter.ae](http://www.shelter.ae) for map/details)

**PRICE:** Thursday Wave: 150 Dhs, whole Workshop (Thursday-Saturday): 800 Dhs. Non-refundable deposit of 350 Dhs required to book. Early booking price: 700 Dhs (if paid in full by 1st of March). An entry fee of 15 Dhs per day needs to be paid directly to Shelter.

*Whilst in Dubai, Deborah will offer Private Sessions.*

*For details please go to [www.vitalmoves.co.uk/events/sessions/](http://www.vitalmoves.co.uk/events/sessions/) and contact Deborah directly. Only limited spaces available!*

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