

# Awakening to Dance

A 5RHYTHMS®  
WAVES® WORKSHOP  
WITH DEBORAH JAY-LEWIN

27-29 NOVEMBER 2009  
THE SWISS CLUB  
SINGAPORE

**Vitalmoves**  
5Rhythms® Dance for Transformation



*“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)*

To book & for more information email [danceyourselffree@gmail.com](mailto:danceyourselffree@gmail.com) or call/SMS Francesca on (+65) 9078 5714



**Deborah Jay-Lewin** has been teaching the 5Rhythms since 1994. She lives and works in the Findhorn Community in Scotland, where she combines her knowledge about the 5Rhythms and creativity with her interest in sustainable living. She teaches regularly in Scotland, Europe and Asia. Her workshops are known for being full of vitality, open heartedness and the power to transform. As a certified **Waves**® and **Heartbeat**® teacher, Deborah is engaged in ongoing study with Gabrielle Roth.

For more information go to  
[www.vitalmoves.co.uk](http://www.vitalmoves.co.uk)  
[www.gabrielleroth.com](http://www.gabrielleroth.com)



# Awakening to Dance



A weekend introduction to 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. A great way to overcome self-consciousness and enjoy the pleasure of moving the body to music that insists on being danced to.

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

- TIMES** Friday, 27 November 2009 @ 7.30pm–10pm  
 Saturday, 28 November @ 11am–6pm; Sunday, 29 November @ 11am–5pm
- VENUE** The Swiss Club, 36 Swiss Club Road, off Dunearn Road  
 (bus number 66, 74, 151, 154, 157, 170 and 174)
- COSTS** Friday evening intro only: \$25; workshop including Friday evening: \$225; early bird discount price: \$195, if paid in full by 1st November; **booking essential!**

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