



Awakening to Change  
5Rhythms® Dance for Transformation

**A 5Rhythms® Workshop Week** with Deborah Jay-Lewin  
starts **Saturday, 14<sup>th</sup> August 2010** in Findhorn, Scotland



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# Awakening to Change

A 5Rhythms® Workshop

Saturday, 14<sup>th</sup> August 2010 (7 days) in Findhorn, Scotland

with Deborah Jay-Lewin & Adele Napier



Change can be an unsettling thing, even though it is the only predictable thing there is. Some changes we resist, others we welcome. As the world changes around us, we are called to dance deeper into our own creative selves; to be honest about our vulnerability and resource our strengths. Are we going to contract in fear or expand with trust and cooperation?

This week we will use Gabrielle Roth's 5Rhythms® ecstatic dance practice to sustain, engage and inspire us. To let the dance be the container for all that we are, to deepen our ability to surrender to and embrace change, and to experience the solidarity of dancing in Community with others.

**Pre-requisite:** a minimum of at least one previous class with an accredited 5Rhythms® teacher is **recommended**. This course does **not** require previous participation in a Findhorn Experience Week.

**Income related price** (low/medium/high): £545 / £695 / £875  
Includes full (vegetarian) board & shared accommodation.

To book and for further information:

**Findhorn Foundation Bookings**

E-mail: [bookings@findhorn.org](mailto:bookings@findhorn.org)

Phone: +44 (0) 1309 691 653, Fax: +44 (0) 1309 691 663

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**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. Deborah is engaged in ongoing study with Gabrielle Roth and is a certified Waves® and Heartbeat® teacher.



**Adele Napier** has lived and worked at the Findhorn Foundation since 2004. She is dedicated to exploring how we individually and collectively open to new possibilities for living the depth and dynamism of the unmanifest, in ordinary, everyday life. She runs programmes and retreats at Findhorn, practices as an Interfaith Minister and is passionate about the transformative and healing power of 5Rhythms® practice both on and off the dance floor.

**The Findhorn Foundation** is at the heart of one of the best known intentional communities and ecovillages in the world and is a major international centre of holistic education and of personal and spiritual transformation.

For more information see [www.findhorn.org/vitalmoves](http://www.findhorn.org/vitalmoves) and Deborah's website at [www.vitalmoves.co.uk](http://www.vitalmoves.co.uk)

