



Awakening to Change
5Rhythms® Dance for Transformation

A 5Rhythms® Workshop Week with Deborah Jay-Lewin
starts **Saturday, 13th August 2011** in Findhorn, Scotland

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Awakening to Change

A 5Rhythms® Workshop

13th – 20th August 2011 (Saturday) in Findhorn, Scotland

with Deborah Jay-Lewin & Findhorn Foundation Faculty



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

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

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Deborah Jay-Lewin 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.

The workshop will be co-focalised by **Adele Napier** and **Bettina Jespersen** from the **Findhorn Foundation**, which is at the heart of one of the best known intentional communities and ecovillages in the world, a major international centre of holistic education and of personal and spiritual transformation.

"Deborah is incredibly wise and intuitive, saying what needed to be said and giving space to silence when that was needed."

"Exquisite receptivity to what was moving in the group and where we needed to go; gentle graceful holding of the space to allow us to unravel and build where necessary... I haven't been this moved on a 5Rhythms workshop before."

(previous workshop participants)

For more information see www.findhorn.org/vitalmoves and Deborah's website at www.vitalmoves.co.uk