

how do you move
comment bougez-vous

what do you feel
que ressentez-vous

what do you see
que voyez-vous

what can you give
que pouvez-vous donner

COMING TO OUR SENSES

a **5Rhythms**[®] ongoing group
with Deborah Jay-Lewin
Geneva 2011

COMING TO OUR SENSES

a **5Rhythms®** ongoing group with Deborah Jay-Lewin, Geneva 2011

the poetry

What is essential at this time on the planet?
To empower our bodies and hearts to have
greater authentic expression. As we practice
becoming fluid with the changes occurring
within and around us we can engage with
being agents of change for the greater good.

**Plus rien n'a de sens ... pourtant nos
sens détiennent tant des réponses dont
nous avons besoin pour naviguer à notre
manière au travers de ces temps incertains
et mystérieux.**

Over the course of the year we will create
a space for people who love to dance
5Rhythms® to come together – to take steps
to grow, change, heal, receive, let go, be
nurtured and energised in the presence of a
loving community that will evolve. This is about
the dance, and how we ground our practice
in daily life. To fulfil this purpose, each member
of the group will deliver, within their locality, an
act of loving kindness and give feedback on
how it went during our final module.

***'Your experience, your sensitive intuition and your great
sense of humour make you a wonderful and unique
teacher. Thank you...'*** Sabrina & Sam MacDuff, Geneva



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 facts

Dates in 2011: Feb 18-20, May 13-15,
July 7-11 and Oct 21-23.

Venue: Maison des arts du Grutli, 16 rue du
General-Dufour, 1204, Geneva. The July module
will be residential in the Swiss mountains. If you
are coming from out of town for the Geneva
modules please let us know if you require
assistance with accommodation.

Cost: 1400 CHF for the whole year, plus
accommodation and meals for the residential
module. 15% discount if booked by Dec 1. A 25%
non-refundable deposit confirms your place, the
balance is due Feb 1. Places are limited.

Pre-req: We will cover Waves® and Heartbeat®
material, requiring all participants to have danced
a minimum of one Waves weekend/16 hours of
Waves with an accredited teacher.

To confirm your place or for further information
please contact Adela on +41 774261379 or
adelamaryann@hotmail.com

**Pour toute information sur le stage
et les inscriptions en français allez à
www.vitalmoves.co.uk/à-venir-à-nos-sens**