



Bodysurf Scotland Presents  
**June 20th-25th 2009**

# CYCLES

While highly trained in many forms of dance, it wasn't until Kathy's catalytic meeting with Gabrielle Roth 30 years ago that her true calling found her.



As Co-Director of The Moving Center School, Kathy was the first person asked to help Gabrielle bring her work out into the world. Over the past 20 years

Kathy's teaching has brought thousands of people back to the joy of their own, original movement. Using dance as the medium, Kathy illuminates for her students "as on the dance floor, so in life". She is devoted to inspiring people to live the teachings of presence, patience and practice long after the music ends.

[www.movingcenterschool.com/kathy-altman](http://www.movingcenterschool.com/kathy-altman)

In Cycles we use our movement practice to study the most essential relationships of our lives. Who are the people and what are the events that have shaped us? What challenges and gifts did they leave us? How do we honour our unique history without being ruled by it? How do we see our fixed patterns of relating to the world and then free ourselves from rigidity and habit?

Each life cycle holds an essential sacred task that begs to be embodied in order for us to live in a full-hearted way. How do we surrender to the natural movement from birth to childhood, through puberty into maturity, to be ready for our eventual deaths?

Dancing Gabrielle Roth's 5Rhythms®, a cathartic form of ecstatic moving meditation, this will be a place to transform our wounds into art, our lifelong patterns into perspective. This then frees us to relax into the strength and beauty of our distinctive contribution to this world.

Cost: £360 non-residential, includes one vegetarian meal per day

**10% early-bird discount if booked by 1st March 2009**

Some concessionary places are available, please apply.

Previous participation in both Waves and Heartbeat 5Rhythms workshops is a prerequisite for this event.

To book: send a 25% non-refundable deposit payable to Bodysurf Scotland, The Universal Hall, Findhorn, Moray IV36 OTZ, Scotland. Further information and accommodation options from:  
[www.bodysurf.findhorn.com](http://www.bodysurf.findhorn.com) +44(0)1309 691661 [bodysurf@findhorn.com](mailto:bodysurf@findhorn.com)

artwork and design: jony boyce