

Elemental Waves

5Rhythms® with Deborah Jay-Lewin



2-9 July 2010

Kalikalos Centre, Pelion, Greece

www.kalikalos.com

Elemental Waves

5Rhythms® with Deborah Jay-Lewin

An invitation to join Deborah for a week in the beautiful Kalikalos living learning centre in Pelion, Greece. Inspired by the Findhorn Community, the Kalikalos Centre will provide a wonderful venue for us to be part of a community, enjoy relaxing afternoons in nature combined with daily practice and input of 5Rhythms.

Our dancing space has no walls – so we can breathe in the earth, sun, sea and wind and then refresh ourselves in the sea later. We will invite the elements to nourish, inspire and energise our dances and bodies.

The 5Rhythms are an easily accessible movement practice that is both structured and improvised in its form. The week is suitable for all levels of fitness and both beginners and experienced dancers are welcome.

For further information about Deborah and 5Rhythms please see www.vitalmoves.co.uk and www.gabrielleroth.com



Dates:

2-9 July 2010

Venue:

Anilio Campus, Kalikalos Centre, Pelion, Greece

Cost:

£350 / €450 (including basic accommodation)

5% discount if paid in full 90 days in advance!

The basic price of a workshop includes accommodation in a triple or quad room. Single and Double/Twin rooms are usually available at a surcharge, please inquire.

For contact details and all information regarding the venue and workshop logistics, please go to www.kalikalos.com.

Direct booking link: <http://order.kagi.com/?B7Z>



Deborah Jay-Lewin has been teaching the 5Rhythms® since 1994. She lives and works in the Findhorn Community in Scotland. Here she combines her depth of knowledge about the 5Rhythms and creativity with her interest in sustainable living. She teaches regularly in Scotland, Europe and South-East 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.*