

VitalMoves: Heartbeat® 5Rhythms® Ecstatic Dance Workshop

30 May 2009 – 4 June 2009
5 days in The Findhorn Foundation, Scotland
with Deborah Jay-Lewin & Foundation faculty

Heartbeat® is the emotional map that corresponds to the physical map of the 5Rhythms®, as created by Gabrielle Roth. While the body moves through the Wave® of Flowing, Staccato, Chaos, Lyrical and Stillness, the heart moves through its own cycle – Fear, Anger, Sadness, Joy and Compassion. This workshop is suitable for those who want to deepen their practice and explore their own inner landscape with curiosity and commitment, breath and awareness. Each emotion is a world unto its own, opening doorways into layers and textures that can bring a new quality into our dance and enrich our experience as human beings in this crazy world we live in.

Pre-requisite: a minimum of 10 hours Waves® with an accredited 5Rhythms teacher, and a willingness to be vulnerable & fascinated...

Income related price: £495 / £625 / £735 includes full (vegetarian) board & shared accommodation.



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 Heartbeat® teacher.

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 adult education and of personal and spiritual transformation.

For further information please see:

www.vitalmoves.co.uk
www.gabrielleroth.com
www.findhorn.org

To book and for further information:
Findhorn Foundation Bookings
E-mail: bookings@findhorn.org
Phone: +44 (0)1309 691653, Fax: +44 (0)1309 691663