

Vital Moves: Waves®

5Rhythms® Ecstatic Dance Workshop

15 August – 21 August 2009
7 days in The Findhorn Foundation, Scotland
with Deborah Jay-Lewin & Foundation faculty

Gabrielle Roth's 5Rhythms® are a spiritual movement practice. They are a reflection of patterns and energies that live inside us all. As creatures of habit we often limit our full range of expression, settling into conditioned ways we feel comfortable with. Dancing the 5Rhythms Wave, through Flowing, Staccato, Chaos, Lyrical and Stillness, we nourish and release the full potential of our physical, emotional and mental well-being. This week is a beautiful opportunity to spaciously explore each of the Rhythms in a relaxed and enjoyable environment, both in the dance space and in the Community.

Pre-requisite: you need to have previously participated in a Findhorn Foundation Experience Week or one Waves class with an accredited 5Rhythms teacher.

Income related price: £535 / £675 / £825 includes full (vegetarian) board & shared accommodation.

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



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