

Dancing Gabrielle Roth's

5Rhythms[®]

2 ½ HOURS DANCE WORKOUT TO GREAT MUSIC



No experience needed, just a willingness to have fun and be freed from self-consciousness. This class will leave you feeling lighter, relaxed, energised and more peaceful. Come try it out!



Deborah Jay-Lewin is a dynamic and highly experienced, accredited 5Rhythms teacher. More info at

www.vitalmoves.co.uk

*“Energy moves in waves.
Waves move in patterns.
Patterns move in rhythms.
A human being is just that,
energy, waves, patterns,
rhythms. Nothing more.
Nothing less. A dance.”*

(Gabrielle Roth)

REFRESH your Body,
Heart, Mind and Soul!

17 February 2011
8.00–10.30pm

Maison des arts du Grutli
16 rue du Général-Dufour
1204 Geneva

25 CHF – pay on the door

For more information and to confirm your place, please call **Adela** on **+41 77 426 13 79** or email her at adelamaryann@hotmail.com

vitalmoves
5Rhythms[®] Dance for Transformation