

*"Opening
to whatever is present is
a heart-breaking business.
But let the heart break,
for your breaking heart
only reveals a core
of love unbroken."*

(Gangaji)



Deborah Jay-Lewin has been teaching 5Rhythms since 1994. She lives and works in the Findhorn Community in Scotland, where she combines her knowledge about 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, openheartedness and the power to transform. Deborah is engaged in ongoing study with Gabrielle Roth and is a certified Heartbeat® teacher.

For more information visit www.vitalmoves.co.uk

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5Rhythms® Dance for Transformation

Heart2Heart

**A 5Rhythms® Heartbeat® Workshop with Deborah Jay-Lewin
EDINBURGH, SCOTLAND
28–30 August 2009**



In these changing times, emotions are flying all around us: Fear in many guises from denial to panic; Anger from blame to rage; Sadness from self-pity to downright despair. It is a challenging time indeed. Resistance is rife, surrender is the key. Let's use this magnificent 5Rhythms practice to become more acquainted with our emotional patterns. Let's increase our awareness, our vocabulary and expand the possibilities. We may or may not find Joy – but lightness in any situation and Compassion for all will certainly make our days more imaginative and inspiring.

TIMES Waves®: Friday 28 August 2009, 7–10pm.
Heart2Heart: Saturday 29 August 2009, 11am–6pm and Sunday 30 August 2009, 11am–5pm.
VENUE Steiner School, Spylaw Road, Edinburgh
COST Friday evening Waves: £10, Heart2Heart workshop: £115.
Waves and Heart2Heart together: £110 (£95 if paid in full by 1 August 2009).
Sponsored places available; please contact us.

In 2005, Deborah received Scottish Arts Council Funding for the Heartbeat Training with Gabrielle Roth. As a thank you, 10% of the profits will go to The Big Issue, Scotland.

To book and for more information contact Sarena Wolfaard: move2bestill@yahoo.co.uk, 07974 307176.