

*"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 spent more than 20 years combining her passion for 5Rhythms with her deep love of the spiritual principles she has learnt whilst living in the Findhorn Community in Scotland. She teaches regularly in Scotland, Europe and South-East Asia. Her workshops are known for being full of vitality, open heartedness and a unique approach that awakens transformation. Deborah is engaged in ongoing study with Gabrielle Roth and is certified to teach both Waves® and Heartbeat® levels.

For more information visit www.vitalmoves.co.uk

vitalmoves
5Rhythms® Dance for Transformation

Heart2Heart

A 5Rhythms® Heartbeat® Workshop with Deborah Jay-Lewin

**Cluny Hill College, Forres
Fri./Sat., 3-4 June 2011**



A Mini & Potent Heartbeat® workshop!

A chance to meet or delve deeper into the rich tapestry of the feeling world; To engage with the weight of our Fear, the tension in our Anger, how floppy our Sadness makes us, how light we can become when fueled with Joy and the emptiness of true Compassion. *Suitable for those with at least 10 hours of Waves experience.*

TIMES

Friday: 7.30 pm – 10.00 pm, Saturday: 11.00 am – 6.00 pm

VENUE

The Ballroom, Cluny Hill College, St. Leonards Road, Forres, Scotland

COST

£80. Early bird price £60, if paid in full by May 15th.

(This workshop counts as 8 Heartbeat hours in the 5Rhythms teacher training)

BOOKING: Please contact Liz at Bodysurf Scotland on 01309 691661 or admin@bodysurfscotland.co.uk