

5Rhythms® ongoing group from January to March 2009

Me, myself, I

with
Deborah
Jay-Lewin

This group will explore three primary aspects of relating, as defined by Gabrielle Roth; Self, Other and Tribe.

"Dance with yourself" - a relief or dread to hear. "Take a partner" can produce a response of panic or excitement; "Into a big circle" prompts gratitude or insecurity. Lets enquire together with our bodies as the tool.

All relationships flow from a healthy and nurtured sense of Self. Lets deepen and expand our own presence into our dances with those we share in the studio and life.

VENUE: Dance Studio,
The Universal Hall,
FINDHORN

DATES: Sat Jan 31st,
Sun Feb 8th, Sat Feb 21st,
Sat Feb 28th, Sun March 15th,
Sat March 21st,
Sat March 28th.

TIME: 10.30-1pm

COST: £155 - £100
(incl. a 1:1 session with
Deborah. 10% discount to
previous participants of one
of Deborah's ongoing groups.
2 bursary places available,
please enquire)

Places are limited. To confirm your booking please give a £50 non-refundable deposit to 'Deborah Jay-Lewin', 201 The Park, Findhorn Bay, Forres, IV36 3TB. Balance of payment due on the first session.