

Dancing Gabrielle Roth's 5Rhythms® in Findhorn with Deborah Jay-Lewin

Mini & Potent

a series of wee closed groups for local 5Rhythms dancers.

Series 2: Shapeshifting

Tuesday March 1st, Thursdays 10th & 17th 7.30-9.30pm

Auditorium, Universal Hall, The Park, Findhorn

and Saturday March 12th 11am-6pm

Ballroom, Cluny Hill College, Forres

Cost: £75, £60 if paid by February 12th, 5 reduced places @ £50

To book send payment to: Deborah Jay-Lewin, The Cottage, Station House,
46 Findhorn, Forres, IV36 3YF or email for bank details.



To be added onto the weekly update list
please email info@vitalmoves.co.uk or
check www.vitalmoves.co.uk/events.