

Elemental Waves

5Rhythms® with Deborah Jay-Lewin



15-22 July 2011

Pilion Centre, Anilio, Greece

www.pilioncentre.com

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An invitation to join Deborah for a week in the beautiful Pilion living learning centre in Pelion, Greece. Inspired by the Findhorn Community, the Pilion Centre will provide a wonderful venue for us to be part of a community, enjoy relaxing afternoons in nature combined with daily practice and input of 5Rhythms.

Our dancing space has no walls – so we can breathe in the earth, sun, sea and wind and then refresh ourselves in the sea later. We will invite the elements to nourish, inspire and energise our dances and bodies.

The 5Rhythms are an easily accessible movement practice that is both structured and improvised in its form. The week is suitable for all levels of fitness and both beginners and experienced dancers are welcome.

For further information about Deborah and 5Rhythms please see www.vitalmoves.co.uk and www.gabrielleroth.com



Dates:

15-22 July 2011

Venue:

Pilion Centre, Spiti Ton Kentavron ("Home of the Centaurs")

Cost:

£350 / €450 (including basic accommodation)

5% discount if paid in full 90 days in advance!

The basic price of a workshop includes accommodation in a triple or quad room. Single and Double/Twin rooms are usually available at a surcharge, please inquire.

For further information and to book your place, please go to www.pilioncentre.com/workshops/5-rhythms-workshop.html



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.