

# BODY-BREATH-BEAT

AN ONGOING 5RHYTHMS® GROUP WITH DEBORAH JAY-LEWIN

STARTING 5 SEPTEMBER 2009

*“Body, breath, beat – the basics of this ever-changing and alive practice. I am inspired to slow things down and then speed them up; sinking deep into the articulation of each Rhythm and the teachings inherent within. The substance of gravity, the precision of clarity, the watershed of release and the freedom that beckons. All this through just showing up, week after week, to inhale and exhale, soften the jaw and pay some excellent attention...”*

- Dates:** September 5th (Sat), 12th (Sat), 20th (Sunday) & 26th (Sat);  
October 10th, 17th & 24th (all Saturdays)
- Times:** 10.30am–1.00pm
- Venue:** Dance Studio, The Universal Hall, Findhorn
- Cost:** £155 – £100, including a one-to-one session with Deborah;  
10% discount for 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, The Cottage, Station House, 46 Findhorn, Forres IV36 3YF.**



Balance of payment due on the first session. For further information please call **07968 145428**, email [info@vitalmoves.co.uk](mailto:info@vitalmoves.co.uk) or visit [www.vitalmoves.co.uk](http://www.vitalmoves.co.uk).

The logo for Vitalmoves, featuring a stylized orange figure with arms raised, followed by the word "vitalmoves" in a green, lowercase, sans-serif font. Below it, the text "5Rhythms® Dance for Transformation" is written in a smaller green font.