

# Secret Garden

March 5th - 7th 2010  
FINDHORN

Invitation to a 5 Rhythms weekend for women

to nurture and celebrate our sacred sexuality

with Julie Deal & Deborah Jay-Lewin

[www.bodysurfscotland.co.uk](http://www.bodysurfscotland.co.uk)

The Universal Hall, FINDHORN, Scotland

Bodysurf Scotland Presents

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Findhorn Foundation Community

Julie has been running workshops, moving and dancing as a spiritual practise since 1990. She is a 5Rhythms® teacher, director of Soulwave, a mother, a wife, a grandmother, a passionate human being striving to wake up and help others to do so in these times of great change. Her work is a tapestry, woven with the different approaches, teachings and experiences that have inspired her own healing journey.



Deborah has been teaching the 5Rhythms since 1994, specifically offering groups for women since this time...



She lives and works in the Findhorn Community in Scotland. Here she combines her depth of knowledge about the 5Rhythms® and creativity with her interest in sustainable living. She teaches regularly in Scotland, Europe and South-East Asia. Her workshops are known for being full of vitality, open heartedness and the power to transform. Deborah is engaged in ongoing study with Gabrielle Roth and is a certified Waves and Heartbeat® teacher. [www.vitalmoves.co.uk](http://www.vitalmoves.co.uk)

Enter the Secret Garden and explore, through dance and ritual, the richness of being a woman. Our body and sexuality is strongly connected to the rhythm of nature, it is a natural source of energy and pleasure. In our busy lives we easily lose touch with this sacred connection to our deepest selves. When we reconnect with the power of our sexuality we feel the vitality of being alive and all aspects of our lives are nourished.

The 5 Rhythms are a transformative way of reconnecting all the parts of us that become fragmented; healing and guiding us towards wholeness. It's an improvised dance practise with limitless possibilities. It helps us to release stories and energies which block our natural energy. In the dance we move our struggles and challenges as well as our joy and pleasure. The dance floor is a safe place to experiment with the different shapes of our energy; wild, tender, passionate, vulnerable, playful, innocent, sensual, creative... By bringing awareness, movement and an open heart into forgotten places we become our own healers.

The power of a women's circle is to embrace and celebrate each other as women, so we can step forward into the mystery that we are and enter our own Secret Garden. Every woman who loves to dance and is willing to explore is welcome, no matter what age or level of experience.

**Full price £150, NFA £120, Concs £100**

**Starts Fri 5th Mar 7.30pm-10pm, Sat 6th 11am - 11pm & Sun 7th 11am - 5pm**

*Previous participation in at least one 5Rhythms® class with an accredited teacher is a pre-requisite for this workshop.*

**Fri night is 'Delicious' - a dance party to celebrate International Women's day, open to all women and men in frocks.**

**Cost: £15/8 to non- participants.**

To book send a 25% non-refundable deposit, payable to Bodysurf Scotland, The Universal Hall, Findhorn, Moray, IV36 0TZ, Scotland. Further information available from:  
[www.bodysurfscotland.co.uk](http://www.bodysurfscotland.co.uk) +44 (0)1309 691661 [admin@bodysurfscotland.co.uk](mailto:admin@bodysurfscotland.co.uk)