

WaveRAVE

SATURDAY, 15 AUGUST 2009

**8.00pm–10.30pm, Universal Hall, Findhorn
with Deborah Jay-Lewin & DJ Monkey Magic**

CALLING ALL WAVE RAVERS... Deborah Jay-Lewin and DJ Monkey Magic team up to provide you with another night of seriously funky body moving! The dynamic duo's pioneering collaboration of 5Rhythms® and DJ skills returns to the Universal Hall for your dancing pleasure, providing you with a seamless wave of sheer 5Rhythms indulgence.

WHAT IS THE WAVE®? As creatures of habit, we often limit our full range of expression, only moving in conditioned ways we feel comfortable with. This causes us to lose some of our vitality as we become restricted in our physical, emotional and mental health and artistry. Dancing the 5Rhythms Wave, through *Flowing, Staccato, Chaos, Lyrical* and *Stillness*, shakes all this up, inside and out. A great way to overcome self-consciousness and enjoy the pleasure of moving the body to music that insists on being danced to.

INSERT COINS TO PLAY Class & Wave (8pm–10.30pm): £15–£8
On a sliding scale ... you know who you are! 😊

Vitalmoves
5Rhythms® Dance for Transformation

www.vitalmoves.co.uk
www.myspace.com/monitomusic