

Workshops

Unless stated otherwise, please book directly through [vital moves](#). Please also check the [Downloads](#) page for printable PDFs of workshop brochures. Events listed in reverse chronological order; please click the title to jump to the event's details.

27-30 September 2012: Moving Union (Eschwege Institut, Germany)

A 5Rhythms® workshop with Deborah Jay-Lewin

These few days will give us the opportunity to use the vehicle of movement, specifically the practice of Gabrielle Roth's 5Rhythms® to explore our way of being ~ with ourselves, in our dynamics with others and within the circle of whoever joins us for the dance. We shall enjoy the blessed relief of minimising words and empowering our bodies with their inherent wisdom to communicate. To bring us home to ourselves and from there engage with others and the wider energetic field. The dance unifies us; body, heart, mind and spirit ~ it's pretty much an absolute!

Dates: 27-30 September 2012

Venue: Eschwege Institut, Hinter den Höfen 10, 37276 Neuerode, Germany, www.campus-peregrini.de

Cost: EURO 325.- (+ food and accommodation)

Contact: Tel.: +49 (0)5651 951360, Fax.: 952144, Mobil.: +49 (0)172 6315620 info@campus-peregrini.de

For more details and an application-form [Download the Flyer \(PDF\)](#)

(Click to open in your browser. To download, right-click and select "Save to disk" (or similar)

11-17 August 2012: Awakening to Change (Findhorn, Scotland)

5Rhythms Dance for Transformation with Deborah Jay-Lewin & Bettina Jespersen

Change can be an unsettling thing, even though it is the only predictable thing there is. Some changes we resist, others we welcome. As the world changes around us, we are called to dance deeper into our own creative selves; to be honest about our vulnerability and resource our strengths. Are we going to contract in fear or expand with trust and cooperation? This week we will use Gabrielle Roth's 5Rhythms® ecstatic dance practice to sustain, engage and inspire us. To let the dance be the container for all that we are, to deepen our ability to surrender to and embrace change, and to experience the solidarity of dancing in Community with others.

The workshop will be co-focalised by Bettina Jespersen and Adele Napier from the Findhorn Foundation, which is at the heart of one of the best known intentional communities and ecovillages in the world, a major international centre of holistic education and of personal and spiritual transformation.

Pre-requisites: a minimum of at least one previous class with an accredited 5Rhythms® teacher is recommended. This course does not require previous participation in a Findhorn Experience Week.
Income related price (low/medium/high): £575 / £695 / £925 Includes full (vegetarian) board & shared accommodation.

To book and for further information: Findhorn Foundation Bookings, bookings@findhorn.org, phone:+44 (0)1309 691653, Fax:+44 (0)1309 691663, www.findhorn.org/vitalmoves

[Download the flyer \(PDF\)](#)

13-20 July 2012: Elemental Waves (Greece)

A week in the beautiful STK Centre (Spiti ton Kentavron) in Pelion, Greece with Deborah Jay-Lewin

Inspired by the Findhorn Community, the STK 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.

Dates: 13-20 July 2012

Venue: Spiti ton Kentavron ("Home of the Centaurs") www.spititonkentavron.org

Vital Moves - 5Rhythms Dance for Transformation with Deborah Jay-Lewin :: WORKSHOPS

Cost: £350 / €400 (including basic accommodation) 5% discount if paid in full 90 days in advance! The basic price 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.spitonkentavron.org/workshops/5-rhythms-dance-week

[Download the flyer \(PDF\)](#)

(Click to open in your browser. To download, right-click and select "Save to disk" (or similar))

"I feel I belong to this group of people who have been lucky enough to be introduced to 5Rhythms by Deborah Jay-Lewin. I feel her as a spiritual guide very discretely assisting me to use my body as a vessel to my higher consciousness, to experience my body, my mind and my spirit as a Whole that can express its One Self through movement. Thank you Deborah for being such a great guide, what a journey!"

(Patty Petropoulou, Greece 'Elemental Waves' 2011)

4-6 May 2012: Secret Garden (Geneva)

Invitation to a 5 Rhythms® Weekend for Women to Nurture and Celebrate our Sacred Sexuality with Deborah Jay-Lewin & Julie Rose

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 an amazing way of reconnecting all the parts of us that become fragmented; healing and guiding us towards wholeness. It's an improvised dance practice with limitless possibilities. It helps us to release stories, 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.

Julie Rose (formally Julie Deal) is a 5 rhythms teacher, co-director of SOULWAVE the work she created with her husband David Rose (see www.soulwave.com for more info). She is also a 'Be the Change' facilitator, a natural birth teacher and doula. She has a wealth of experience working with women, holding a space for rites of passage and exploring all that it means to be a woman, including running the popular Goddess & the Whore workshops for over 10 years. 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 Findhorn. 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.

Venue: Maison des Arts Grutli, 16 rue du Général-Dufour, 1204 Geneva Switzerland.

Dates & Times: Fri, 4th May: 8-10.30pm; Sat, 5th May: 10am-3pm + 8-10.30pm; Sun, 6th May: 10 am-3pm

Cost: 300 Francs – 15% discount if paid in full by 1st March 2012 (265 Francs)

Notes: There will also be an Open Waves Night Thursday 3rd May 8-10.30pm, 25 Francs or free for those booking the weekend workshop

Contact: For bookings & more information contact Adela Bevan: phone +41 774261379, adelamaryann@hotmail.com

[Download the flyer \(PDF\)](#)

(Click to open in your browser. To download, right-click and select "Save to disk" (or similar))

3 May 2012: Waves (Geneva, Switzerland)

Refresh your Body, heart, Mind and soul with Deborah Jay-Lewin!

No experience needed, just a willingness to have fun and be freed from self-consciousness. This class will

Vital Moves - 5Rhythms Dance for Transformation with Deborah Jay-Lewin :: WORKSHOPS
leave you feeling lighter, relaxed, energised and more peaceful. Come try it out!

Date & Time: Thursday, 3 May 2012 8.00–10.30pm
Venue: Maison des arts du Grütli 16 rue du Général-Dufour 1204 Geneva
Cost: 25 CHF – pay on the door

For more information and to confirm your place, please call Adela on+41774261379 or email her at adelamaryann@hotmail.com

[Download the flyer \(PDF in English/French\)](#)

(Click to open in your browser. To download, right-click and select "Save to disk" (or similar))

27-29 January 2012: Replenish (Geneva, Switzerland)

A 5Rhythms Weekend with Deborah Jay-Lewin

An invitation to meet and deepen with each other in the dance; to sweat, release, relax, breathe in and out, melt and awaken together. To nurture and energise ourselves and prepare our bodies for the imminent Spring. All levels of 5Rhythms experience welcome.

Dates & Times: 27 January 2012 (Friday), 8–10.30pm: Waves® introduction 28–29 January 2012, 10am–5pm: Weekend Workshop
Venue: Maison des arts du Grütli, 16 rue du Général-Dufour, 1204 Geneva, Switzerland
Cost: Friday Wave: SFr 25, whole Workshop (incl. Fri): SFr 250 15% discount if paid in full by 1 December 2011!

To book & for more information contact Adela Bevan, phone: +41 774261379, email: adelamaryann@hotmail.com

[Download Flier \(PDF\)](#)

Pour toute information sur le stage et les inscriptions en français allez à www.vitalmoves.co.uk/remplir

27 January 2012: Waves (Geneva, Switzerland)

Refresh your Body, heart, Mind and soul with Deborah Jay-Lewin!

No experience needed, just a willingness to have fun and be freed from self-consciousness. This class will leave you feeling lighter, relaxed, energised and more peaceful. Come try it out!

Date & Time: Friday, 27 January 2012 8.00–10.30pm
Venue: Maison des arts du Grütli 16 rue du Général-Dufour 1204 Geneva
Cost: 25 CHF – pay on the door

For more information and to confirm your place, please call Adela on+41774261379 or email her at adelamaryann@hotmail.com

20-22 January 2012: Reponerse (Barcelona, Spain)

Un fin de 20 a 22 de Enero de 2.012 semana 5Ritmos® con Deborah Jay-Lewin

v t *reponer* [repo'neɾ] Llenar algo o a alguien con la energía necesaria o alimento / reabastecer un fuego con combustible

ORIGEN Del lat. reponēre, aparece por primera vez en un libro en el siglo XV, año 1.490, escrito por Alfonso de Palencia sobre literatura romance.

Una invitación a encontrarse y profundizar con el otro en la danza; de sudar, liberar, relajarse, inspirar y espirar, fundirse y despertar juntos. Una ocasión para nutrirnos y energizarnos y preparar nuestros cuerpos para la inminente Primavera. Todos los niveles de experiencia en los 5 Ritmos son bienvenidos ...

Horario: 20 Enero 2012 (Viernes), 7:30 –22.00h: Waves® Presentación 21 Enero 2012, 11:00–19:00 / 22 Enero 2012, 11:00-18:00: Taller Fin de Semana
Lugar: Happy Yoga, C/ Laforja, 118 bajos, Barcelona Precio: Wave del Viernes: 20€, Taller completo (incl. Viernes): 180€ (160€ si reservas antes del 5 de Diciembre de 2.011)

Vital Moves - 5Rhythms Dance for Transformation with Deborah Jay-Lewin :: WORKSHOPS

Para más información y reservas contacta con Virginia Almarcha-Jareño, +34690277278, e-mail:

virmarcha@yahoo.es

[Download Flier \(PDF\)](#)

28 December 2011 - 2 January 2012: Brand New 11/12 (Findhorn)

A six day New Year 5Rhythms® Gathering with Deborah Jay-Lewin and Adam Barley

This event has a spacious timetable built around: – day and evening sessions – lots of dancing (with and without music) – daily taught classes and

Sweat Your Prayers® – open sessions – space for shared bodywork – time for walks – one meal per day provided – late night Hogmanay Party! – hot tub open every night

The venue for the gathering is the magnificent Universal Hall Arts Centre in the Findhorn EcoVillage Community, NE Scotland. The community is a major international centre for personal and spiritual transformation and sustainable living. It is situated on a 2 mile long peninsula amongst beautiful beaches, sand dunes and woodland. Deborah and Adam first met in their training with Gabrielle Roth in 1994 and bring a wealth of experience to hosting this event. They are really looking forward to teaching together, dancing and celebrating with you.

Cost of the full week programme is £300 (including one vegetarian meal per day, Hogmanay Party and use of the hot tub). Optional B&B accommodation (28th – 2nd Jan incl) in cedarwood bungalows with 4–5 people sharing in twin rooms, is £168.

To confirm your place all booking information is at www.bodysurfscotland.co.uk/bs/booking/. Early bird discount of 15% if paid in full by 1 November.

To book and for further information contact: +44 (0)1309 691661 or admin@bodysurfscotland.co.uk

[Download flyer \(PDF\)](#)

Starting 22 November 2011: Mini & Potent 5 (Findhorn)

A series of wee closed groups for local 5Rhythms dancers. Series 5 – Expanding into Stillness:

Emptying ourselves in the dance and moving with the Stillness that awaits us.

Dates/Times: Tuesdays November 22nd, 29th & December 7th, 13th, 20th 7.30-9.45pm NB, December 7th class is a Wednesday.

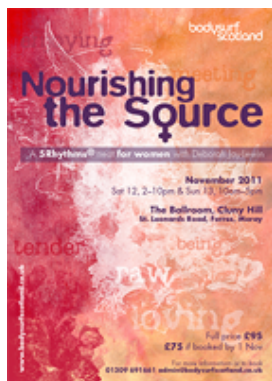
Venue: James Milne Institute, Findhorn Village

Cost: £70, £55 if paid by November 14th, 4 reduced places @ £45

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

[Download PDF](#)

12-13 November 2011: Nourishing the Source (Forres)



A 5Rhythms® treat for women with Deborah Jay-Lewin

Dates: Sat 12, 2–10pm & Sun 13, 10am–5pm

<http://www.vitalmoves.co.uk/events/workshops.html>

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Vital Moves - 5Rhythms Dance for Transformation with Deborah Jay-Lewin :: WORKSHOPS

Venue: The Ballroom, Cluny Hill St. Leonards Road, Forres, Moray

Cost: Full price £95, £75 if booked by 1 Nov

For more information or to book call Bodysurf Scotland on 01309-691661 or email

admin@bodysurfscotland.co.uk

5 November 2011: WaveRave (Findhorn Village)

WaveRave & Dance Party 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 duos pioneering collaboration of 5Rhythms® and DJ skills hits the James Milne Institute in Findhorn Village for your dancing pleasure, providing you with a seamless wave of sheer 5Rhythms indulgence.

WHAT IS THE WAVE®? Dancing the 5Rhythms Wave, through Flowing, Staccato, Chaos, Lyrical and Stillness, shakes us 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.

PARTY! This time we will be following the Wave with a dance party to continue the festivities... DJ Monkey Magic and Deborah will be serving up a brand new mix of seriously funky tunes for the remainder of the evening..

Date/Time: Saturday, 5 November 2011, 8.00–10.30pm / Dance Party 10.30pm–Midnight

Venue: James Milne Institute, Findhorn Village

Cost: Wave Rave (incl. Party): £15 – £8 (On a sliding scale..., you know who you are!), Party only (10.30pm – Midnight): £5

[Download Flyer \(PDF\)](#)

14 – 16 October 2011: Awakening to Dance (Cyprus)

A 5Rhythms® Waves Workshop with Deborah Jay-Lewin, UK

An invitation to fall in love with the dance within you!!! A weekend of Gabrielle Roth's 5Rhythms®, an exhilarating, liberating and ultimately ecstatic approach to improvisational movement. The 5Rhythms are Flowing, Staccato, Chaos, Lyrical and Stillness. They come together to create The Wave®, a movement meditation practice. No steps to learn. Free your body, open your heart and empty your mind.

Dates: Waves Introduction: Friday 14 October at 6:30pm to 9:30pm, Weekend Workshop: Sat/Sun 15-16 October 10:30am to 6:00pm

Venue: Dance Gate Lefkosia, Cyprus

Price: Friday Waves Introduction : €80, inclusive Workshop (Friday – Sunday) : €280

Early Bird Booking: €220 if paid by 31.7.11

Contact: Anita Michaelidis, phone: +357 9978 6572, e-mail: 5rhythmscyprus@gmail.com, website:

www.cyprusdance.org

Register promptly to secure your place!

[Download Registration Form](#) | [Download Flyer](#)

(Click to open in your browser. To download, right-click and select "Save to disk" (or similar)

Starting 27 September 2011: Mini & Potent (Findhorn)

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

Series 4: Relationship: Exploring finding and maintaining integrity of self whilst dancing with others.

Times: Tuesdays Sept. 27th, October 4th & 11th 7.30-9.45pm and Sunday October 2nd 12pm-6pm

Venue: Cluny Ballroom and Dance Studio, Universal Hall

Cost: £75, £60 if paid by September 17th, 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.

9-11 September 2011: Gender Rhythms (Cape Town, ZA)

Vital Moves - 5Rhythms Dance for Transformation with Deborah Jay-Lewin :: WORKSHOPS

A weekend workshop dancing Gabrielle Roth's 5Rhythms® with Deborah Jay-Lewin

You are invited to dance who you are, as a woman or as a man, in order to shape and shift your inconsistencies, your similarities, your fears, loves and desires. With the Wave® as our vehicle and using the power of the witness we will see the tenderness, the rawness and surprises in the dances of both genders. We will explore through movement; initiating contact and setting clear boundaries, honouring our Yes and No, finding and celebrating our dance of integrity.

Working with and without music, Gender Rhythms offers the opportunity to enquire into the many differences we have as women and men, where we show up and where we hide – from ourselves and each other. From honesty and authenticity, love and respect are born. The 5Rhythms are an easily accessible movement practice that is both structured and improvised in its form. The workshop is suitable for all levels of fitness and both beginners and experienced dancers are welcome.

Dates: Friday to Sunday, 9th to 11th September 2011, Friday: 4 pm – 10.00 pm, Saturday: 1 pm – 8 pm, Sunday: 11:30 am – 6:30 pm

Venue: Nia Studio, Observatory, Cape Town, ZA

Cost: R2500 (early bird discount R2200 if paid in full by 1st August 2011)

Contact: For booking & more information please contact Claire: kalala@iburst.co.za or 082 321 6703

Note: Deborah will also teach the Cape Town Wave classes on Wednesday 7th & Monday 12th, 6.30–8.30pm. Cost: R150 (Wednesday free for workshop participants). Contact Claire for directions.

[Download the Flyer](#)

13th – 20th August 2011: Awakening to Change (Findhorn)

A 5Rhythms week with Deborah Jay-Lewin & Findhorn Foundation Faculty

Change can be an unsettling thing, even though it is the only predictable thing there is. Some changes we resist, others we welcome. As the world changes around us, we are called to dance deeper into our own creative selves; to be honest about our vulnerability and resource our strengths. Are we going to contract in fear or expand with trust and cooperation?

This week we will use Gabrielle Roth's 5Rhythms® ecstatic dance practice to sustain, engage and inspire us. To let the dance be the container for all that we are, to deepen our ability to surrender to and embrace change, and to experience the solidarity of dancing in Community with others.

Pre-requisite: a minimum of at least one previous class with an accredited 5Rhythms® teacher is recommended. This course does not require previous participation in a Findhorn Experience Week. The workshop will be co-focalised by Adele Napier and Bettina Jespersen from the Findhorn Foundation, which is at the heart of one of the best known intentional communities and ecovillages in the world, a major international centre of holistic education and of personal and spiritual transformation.

Income related price (low/medium/high): £545 / £695 / £875 Includes full (vegetarian) board & shared accommodation.

To book and for further information:

Findhorn Foundation Bookings

E-mail: bookings@findhorn.org

Phone: +44 (0)1309 691653

Fax: +44 (0)1309 691663

[Download the Flyer](#)

15-22 July 2011: Elemental Waves (Greece)

5Rhythms® workshop with Deborah Jay-Lewin

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.

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!

Vital Moves - 5Rhythms Dance for Transformation with Deborah Jay-Lewin :: WORKSHOPS

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
[Download the flyer](#)

Working in Greece was the most impressive combination of the music and nature, meeting people and myself... Music rhythms sounds reflect on the body echoing inside and making to move openly from the Beginning to the End, from the Earth to the Sky, from the Self to the Others... Sleeping parts of the mind and spirit become awake in the movement, loosening feelings and widening the soul... Trusting music and letting it go through you creates a feeling of freedom and disappearing in surrounding, feeling of flying and finding yourself in the different space and uncertain time. Going through all it makes you able to recollect yourself back in a new way creating a new inner relations of the feelings and thoughts.

(Egle, Lithuania, Elemental Waves 2010)

3-4 June 2011: Heart2Heart (Findhorn)

A 5Rhythms® Heartbeat® Workshop with Deborah Jay-Lewin

A Mini & Potent Heartbeat® workshop! A chance to meet or delve deeper into the rich tapestry of the feeling world; To engage with the weight of our Fear, the tension in our Anger, how floppy our Sadness makes us, how light we can become when fueled with Joy and the emptiness of true Compassion. Suitable for those with at least 10 hours of Waves experience. (This workshop counts as 8 Heartbeat hours in the 5Rhythms teacher training)

Times: Friday: 7.30 pm – 10.00 pm, Saturday: 11.00 am – 6.00 pm

Venue: The Ballroom, Cluny Hill College, St. Leonards Road, Forres, Scotland

Cost: £80. Early bird price £60, if paid in full by May 15th.

For booking and further information please contact Liz at Bodysurf Scotland on 01309 691661 or admin@bodysurfscotland.co.uk

[Download the flyer](#)

24-26 March 2011: Awakening2Dance (Dubai)

A weekend of Gabrielle Roth's 5Rhythms®, an exhilarating, liberating and ultimately ecstatic approach to improvisational movement. The 5Rhythms are Flowing, Staccato, Chaos, Lyrical and Stillness. They come together to create the Wave®, a movement meditation practice. 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 & creativity. Moving through these 5Rhythms shakes all this up, inside and out.

The invitation is to fall in love with the dance in you – whether you are being introduced to the Wave® for the first time, or refreshing the dance you may have become accustomed to. Come expand your breath and presence – in all your dances. It's a joy. While the practice itself is the essence of simplicity, it has the power to catalyse deep healing. People all over the world have discovered the freedom and enjoyment that 5Rhythms offers, both on their own and with others who love the same thing. All levels of fitness and experience welcome.

Times: 24 March (Thursday), 7–9.30pm: Waves® Introduction 25–26 March (Fri/Sat), 10am–5pm: Weekend Workshop

Venue: The Shelter Dubai (see www.shelter.ae for map/details)

Price: Thursday Wave: 150 Dhs, whole Workshop (Thursday- Saturday): 800 Dhs. Non-refundable deposit of 350 Dhs required to book. Early booking price: 700 Dhs (if paid in full by 1st of March). An entry fee of 15 Dhs per day needs to be paid directly to Shelter.

For booking & information: Contact Lina 050-450-9595 or Lanae 050-240-2661 or email 5rhythmsdubai@gmail.com. Whilst in Dubai, Deborah will offer Private Sessions. Please contact Deborah directly. Only limited spaces available!

[Download the flyer](#)

4-6 March 2011: Secret Garden 2011 (Findhorn)

Invitation to a 5Rhythms weekend for women to nurture and celebrate our sacred sexuality – with Julie Deal and Deborah Jay-Lewin



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.

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.

Participation in at least one 5Rhythms class with an accredited teacher is a pre-requisite.

Times: Fri 4th March 7.30pm-10pm, Sat 5th 11am -11pm & Sun 6th 11am - 5pm

Venue: Universal Hall, Findhorn, Scotland

Cost: Full price £150, NFA £120, early booking discount of 15% if booked by 1 Feb

Further information and accommodation options from: Bodysurf Scotland, 201 The Park, Findhorn Forres IV36 3TB (Scottish Co No SC260642), www.bodysurfsotland.co.uk, +44(0)1309 691661, admin@bodysurfsotland.co.uk

Starting 1 March 2011: Mini & Potent 2 (Findhorn/Forres)

A series of wee closed groups for local 5Rhythms dancers

Series 2: Shapeshifting

Times/Venue: 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.

[Download the flyer](#)

Ongoing group, starts 18 February 2011: Coming to our Senses (Geneva, Switzerland)

Vital Moves - 5Rhythms Dance for Transformation with Deborah Jay-Lewin :: WORKSHOPS

An ongoing 5Rhythms group with Deborah Jay-Lewin

What is essential at this time on the planet? To empower our bodies and hearts to have greater authentic expression. As we practice becoming fluid with the changes occurring within and around us we can engage with being agents of change for the greater good.

Plus rien n'a de sens ... pourtant nos sens détiennent tant des réponses dont nous avons besoin pour naviguer à notre manière au travers de ces temps incertains et mystérieux.

Over the course of the year we will create a space for people who love to dance 5Rhythms® to come together – to take steps to grow, change, heal, receive, let go, be nurtured and energised in the presence of a loving community that will evolve. This is about the dance, and how we ground our practice in daily life. To fulfil this purpose, each member of the group will deliver, within their locality, an act of loving kindness and give feedback on how it went during our final module.
the facts

Dates in 2011: Feb 18-20, May 13-15, July 7-11 and Oct 21-23.

Venue: Maison des arts du Grutli, 16 rue du Général-Dufour, 1204, Geneva. The July module will be residential in the Swiss mountains. If you are coming from out of town for the Geneva modules please let us know if you require assistance with accommodation.

Cost: 1400 CHF for the whole year, plus accommodation and meals for the residential module. 15% discount if booked by Dec 1. A 25% non-refundable deposit confirms your place, the balance is due Feb 1. Places are limited.

Prerequisites: We will cover Waves® and Heartbeat® material, requiring all participants to have danced a minimum of one Waves weekend/16 hours of Waves with an accredited teacher.

Booking: To confirm your place or for further information please contact Adela on +41 774261379 or adelamaryann@hotmail.com

Pour toute information sur le stage et les inscriptions en français allez à www.vitalmoves.co.uk/a-venir-a-nos-sens

17 February 2011: REFRESH your Body, Heart, Mind and Soul! (Geneva)

2.5 hours of Dancing Gabrielle Roth's 5Rhythms with Deborah Jay-Lewin

No experience needed, just a willingness to have fun and be freed from self-consciousness. This class will leave you feeling lighter, relaxed, energised and more peaceful. Come try it out!

Times: 17 February 2011 8.00–10.30pm

Venue: Maison des arts du Grutli 16 rue du Général-Dufour 1204 Geneva

Cost: 25CHF–pay on the door

For more information and to confirm your place, please call Adela on +41774261379 or email her at adelamaryann@hotmail.com

[Download flyer](#) (available in English & French)

29-31 January 2011: Replenish (Findhorn)

A Findhorn S&PD event with Deborah Jay-Lewin

Vital Moves - 5Rhythms Dance for Transformation with Deborah Jay-Lewin :: WORKSHOPS