

## 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.

### **22-24 October 2010: Awakening to Dance (Geneva, Switzerland)**

#### **A 5Rhythms Wave Workshop with Deborah Jay-Lewin**

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: 22 October (Friday), 7–9.30pm: Waves® introduction 23–24 October 2010, 10am–5pm: Weekend Workshop

Venue: Maison des arts du Grütli, 16 rue du Général-Dufour, 1204 Geneva, Switzerland

Price: Friday Wave: SFr 25, whole Workshop (incl. Fri): SFr 250. *15% discount if paid in full by 1 October 2010!*

**To book & for more information contact Adela Bevan, phone: +41 774261379, email:**

[adelamaryann@hotmail.com](mailto:adelamaryann@hotmail.com)

[Download Flyer](#)

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### **10-12 September 2010: Heart2Heart (Findhorn)**

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

In these changing times, emotions are flying all around us: Fear in many guises from denial to panic; Anger from blame to rage; Sadness from self-pity to downright despair. It is a challenging time indeed. Resistance is rife, surrender is the key. Let's use this magnificent 5Rhythms practice to become more acquainted with our emotional patterns. Let's increase our awareness, our vocabulary and expand the possibilities. We may or may not find Joy – but lightness in any situation and Compassion for all will certainly make our days more imaginative and inspiring.

Times: Friday: 7.30pm–10.00pm, Saturday 11.00am–6.00pm, Sunday 11.00am–5.00pm

Venue: Cluny Ballroom, Cluny Hill College, Forres

Cost: £140. Limited concession available, please enquire. 15% Early Bird booking discount if paid for by 1 September 2010.

(This workshop counts as 15 Heartbeat hours in the 5Rhythms teacher training)

**For enquiries and booking, please contact Liz Egan at Bodysurf Scotland:**

[admin@bodysurfscotland.co.uk](mailto:admin@bodysurfscotland.co.uk)

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

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**7-14 August 2010 Awakening to Change (Findhorn)**

**A 5Rhythms@Workshop (7days) in Findhorn, Scotland  
with Deborah Jay-Lewin & Adele Napier**

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, 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.

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](mailto:bookings@findhorn.org), phone:+44 (0)1309 691653, fax:+44 (0)1309 691663  
<http://www.findhorn.org/vitalmoves>

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**2-9 July 2010: Elemental Waves (Kalikalos Centre, Greece)**

**An invitation to join Deborah for a week in the beautiful Kalikalos living learning centre in Pelion, Greece.**

Inspired by the Findhorn Community, the Kailkalos 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.



Dates: 2-9 July 2010

Venue: Anilio Campus, [Kalikalos Centre](#), Pelion, Greece

Price: £350.– / €450.– (including basic accommodation)

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

Notes: 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 contact details and all information regarding the venue and logistics, please click the direct link to this [5Rhythms](#) workshop.**

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

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**26 June: Girl DJs (Elgin)**

**Several Girl DJs - including Deborah - in the Red Shoes Theatre, Elgin**

Please come along and make it a great night. Should be quite a mix of people! The night is hosted by Caroline Bury who does the Tribal Belly Dancing classes. She dresses up the space with her own flair, making it very inviting. Lets' get Elgin rocking!

**9pm to 1am, £8**

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**23 June 2010: Free Dance Class for National Depression Week (Inverness)**

**A Vital Moves event in partnership with Depression Alliance Scotland as part of National Depression Week 2010 (16th to 24th June).**

Come and try out '5Rhythms' - an improvisational movement practice that can be beneficial for anyone, no matter of age or fitness! 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!

Dates/Venue: Wednesday 16th or **23rd June** 5.30pm to 7pm The Spectrum Centre, 1 Margaret Street, Inverness

Booking: To book for either of the dates above email [info@dascot.org](mailto:info@dascot.org) or call 0845 123 23 20. The classes are free and very relaxed!

**"Mood Matters"** Taking small steps such as gentle exercise can help improve your mood and overall wellbeing. Log on to [www.dascot.org](http://www.dascot.org) or call the Depression Alliance Scotland (Scottish Charity number 034740) on **0845 123 23 20** for more information.

[Download the PDF](#)

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**16 June 2010: Free Dance Class for National Depression Week (Inverness)**

**A Vital Moves event in partnership with Depression Alliance Scotland as part of National Depression Week 2010 (16th to 24th June).**

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[Download the PDF](#)

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#### **4-6 June 2010: Gender Rhythms (Findhorn)**

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 with 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.

**Dates, Times and Venue:** 4 June 2010 (Friday), 7.30–10pm: The Ballroom, Cluny Hill College, Forres. 5 June, 11am–6pm and 6 June, 11am–5pm: The Auditorium, Universal Hall, Findhorn.

**Price:** £140 (limited concessions are available, please enquire). 15% discount if booked by 16 May 2010. Places limited to 18. Early booking recommended!

**Bookings:** Please send a £50 non-refundable deposit to Bodysurf Scotland, The Universal Hall, Findhorn, Moray, IV36 OTZ, Scotland. Further information and accommodation options: [www.bodysurfscotland.co.uk](http://www.bodysurfscotland.co.uk), +44 (0)1309 691661, [admin@bodysurfscotland.co.uk](mailto:admin@bodysurfscotland.co.uk).

> [Read Deborah's personal note](#)

> [Download the Flyer](#)

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#### **15 May 2010: Introduction to the Wave (Nairn)**

**Spring Clean your body, heart, mind and soul!**

**2 hour dance work out to great music with Deborah Jay-Lewin**

No technical 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. Seize this great opportunity to be introduced to this liberating movement practice right in Nairn!

Saturday 15th May, [Nairn Community Centre](#), 2-4pm. Cost: £10 on the door, [£5 if you book in advance using this form](#). For further details call Deborah on 07968 145428.

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#### **24 April 2010: Introduction to the Wave (Nairn)**

**Spring Clean your body, heart, mind and soul!**

**2 hour dance work out to great music with Deborah Jay-Lewin**

No technical 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. Seize this great opportunity to be introduced to this liberating movement practice right in Nairn!

Saturday 24th April, [Nairn Community Centre](#), 2-4pm. Cost: £10 on the door, [£5 if you book in advance using this form](#). For further details call Deborah on 07968 145428.

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

**9-11 April 2010: Gender Rhythms (Geneva)**

**Waves® Introduction:** 9 April 2010 (Friday), 7–9.30pm / **Weekend Workshop:** 10–11 April 2010, 10am–5pm

**Maison des arts du Grütli, 16 rue du Général-Dufour, 1204 Geneva, Switzerland**

**Price:** Friday Wave: SFr 25, Workshop (incl. Fri): SFr 250. (The first 25 people to book will receive a 10% discount)

**Bookings:** Sam MacDuff, phone: +41 22 328 9316, email: [sangammacduff@yahoo.com](mailto:sangammacduff@yahoo.com)

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 with 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.

> [Read Deborah's personal note](#)

> [Download the Flyer](#)

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**5-7 March 2010: Secret Garden (Findhorn)**



**A weekend for women to nurture and celebrate our sacred sexuality with Julie Deal & Deborah Jay-Lewin**

An invitation from [Bodysurf Scotland](http://www.bodysurfscotland.co.uk) to a 5Rhythms weekend for women to nurture and celebrate our sacred sexuality. 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.*

Price is £150 standard, £120 NFA and £100 conc. 25% deposit. **To book, please contact Bodysurf Scotland**, +44 (0)1309 691661, [admin@bodysurfscotland.co.uk](mailto:admin@bodysurfscotland.co.uk) or go to [www.bodysurfscotland.co.uk](http://www.bodysurfscotland.co.uk).

There will be an evening on Friday 5th March in honour of International Women's Day which will be open – to all women and men in frocks.

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

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**30 Jan - 1 Feb 2010: REPLENISH! (Findhorn)**

**3 days for the local 5R community in Findhorn with Deborah Jay-Lewin**

REPLENISH [rɪ'plɛnɪʃ]: to fill somebody or something with needed energy or nourishment; to resupply a fire with fuel

An invitation to our community of 5Rhythms dancers to meet and deepen with each other in the dance; to sweat, release, relax, breathe in and out, melt and awaken together. All levels of experience welcome – no pushing, no holding back.

Times: Saturday 30th January – Monday 1st February 2010 10am – 5pm

Venue: Universal Hall Auditorium, The Park

Cost: FF co-workers £40-£60, Concessions/NFA: £70-£100 Other: £120

**To book contact Monica Böni [monica.boeni@findhorn.org](mailto:monica.boeni@findhorn.org), tel. 692129 or leave a note in the General Office.**

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**29 Dec 2009 - 3 Jan 2010: New Year's Dance Event (Findhorn)**

**Bodysurf Scotland's 8th New Year's Dance Event**

A fantastic opportunity to dance 5Rhythms with Deborah and Contact Improvisation with Karl Jay-Lewin & Robert Anderson in the beautiful enriching environment of the Findhorn Foundation community. Hogmanay Party and use of Hot Tub included. For more information please go to [www.bodysurfscotland.co.uk](http://www.bodysurfscotland.co.uk)

Times: Registration is from 12.30pm – 1.30pm on 29th December. The first session begins at 2pm. The last session ends 1pm on 3rd January.

Venue: Universal Hall, The Park, Findhorn, Scotland

Cost: Cost of the full week programme (including one vegetarian meal per day, Hogmanay Party and use of the HotTub) is £300. Optional B&B accommodation (29th - 2nd Jan incl) in cedarwood bungalows, with 4–5 people sharing in twin rooms is £105. Some concessionary places and bursaries are available, please enquire before booking. Contributions to the bursary fund are welcome.

**To book and for further information email [admin@bodysurfscotland.co.uk](mailto:admin@bodysurfscotland.co.uk).** Please send a non-refundable deposit of £75 (cheques made payable to: 'Bodysurf Scotland') to: Bodysurf Scotland, The Universal Hall, Findhorn Bay, Forres, IV36 3TB, Scotland. 10% early-bird discount if booked by November 1st 2009. Group booking discount available; please enquire.

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

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**27-29 November 2009: Awakening2Dance (Singapore)**

**A Waves® Weekend with Deborah Jay-Lewin**

Times: Friday, 27 November 2009 @ 7.30pm–10pm; Saturday, 28 November @ 11am–6pm; Sunday, 29 November @ 11am–5pm

Venue: The Swiss Club, 36 Swiss Club Road, off Dunearn Road (bus number 66, 74, 151, 154, 157, 170 and 174)

Cost: Friday evening intro only: \$25; workshop including Friday evening: \$225; early bird discount price: \$195, if paid in full by 1st November; booking essential!

**To book and for further information email [danceyourselffree@gmail.com](mailto:danceyourselffree@gmail.com) or call/SMS Francesca on (+65) 9078 5714**

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**13-15 November 2009: Waves® (Bangkok, Thailand)**

**A Waves® Weekend with Deborah Jay-Lewin**

Times: t.b.a.

Venue: Bangkok, Thailand (exact location t.b.a.)

Cost: t.b.a.

**To book and for further information contact Pracha, email:**

[prachahutanuwatra@yahoo.co.uk](mailto:prachahutanuwatra@yahoo.co.uk)

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**07-08 November 2009: Heart2Heart (Kitakaruizawa, Japan)**

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

In these changing times, emotions are flying all around us: Fear in many guises from denial to panic; Anger from blame to rage; Sadness from self-pity to downright despair. It is a challenging time indeed. Resistance is rife, surrender is the key. Lets use this magnificent 5Rhythms practice to become more acquainted with our emotional patterns. Lets increase our awareness, our vocabulary and expand the possibilities. We may or may not find Joy – but lightness in any situation and Compassion for all will certainly make the day more imaginative and inspiring.

TIMES: Friday, 6 November 2009, 19.30–21.00; Saturday, 7 November 2009, 11.00–17.00; Sunday, 8 November 2009, 11.00–17.00

VENUE: Umi-no-Marie 2F Dance Hall, Kitakaruizawa, Naganohara-machi, Agatsuma-gun, Gunma website: [www.geocities.jp/umi\\_no\\_marie](http://www.geocities.jp/umi_no_marie)

COST: ¥35.000 (not including meals and lodging)

This workshop is recommended for experienced dancers who have had at least 10 hours of Waves® classes with an accredited 5Rhythms teacher.

**To book and for further information contact Mana Hirose, phone: 090-3438-0268, email:**

[himana@gol.com](mailto:himana@gol.com). Mana also has a Japanese blog page introducing all events in Japan:

<http://kokokaraspi.blog25.fc2.com/blog-entry-38.html>

[Download the Flyer in English](#) | [Download the Flyer in Japanese](#)

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**5 November 2009: Intro2theWave® (Tokyo, Japan)**

**Gabrielle Roth's 5Rhythms® with Deborah Jay-Lewin**

For beginners & experienced dancers. Everybody welcome!

TIMES: Thursday, 5 November 2009, 19.00–21.30 (Doors will open 18.30 for you to warm up)

VENUE: Bunkyo Civic Hall B1F, 1-16-21, Kasuga Bunkyo-ku, Tokyo; phone: 03-5803-1100, website: [www.b-academy.jp/b-civichall/access/access.html](http://www.b-academy.jp/b-civichall/access/access.html)

The hall is close to Korakuen station (Marunouchi & Nanboku line) and Suidobashi station (JR & Mita line)

COST: ¥4,000 for one evening (at the door: ¥4,500)

**To book and for further information contact Mana Hirose, phone: 090-3438-0268, email:**

[himana@gol.com](mailto:himana@gol.com). Mana also has a Japanese blog page introducing all events in Japan:

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**31 Oct.-1 Nov. 2009: Awakening2Dance (Fukuoka, Japan)**

**A Waves® Weekend with Deborah Jay-Lewin**

A weekend introduction workshop to 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. A great way to overcome self-consciousness and enjoy the pleasure of moving the body to music that insists on being danced to.

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. If you know you love to dance, or even if you feel hesitant, then come along and try this out! **All levels of fitness and experience are welcome!**

TIMES: Saturday, 31 October 2009, 13.00–17.00 & Sunday, 1 November 2009, 11.00–17.00

VENUE: Kasuga Clover Plaza, Fitness Room, front of Kasuga station (JR Kagoshima line), Kasugahara station (Nishitetsu line)

COST: ¥30,000 (not including meals and lodging)

**To book and for further information contact Mana Hirose, phone: 090-3438-0268, email: [himana@gol.com](mailto:himana@gol.com).** Mana also has a Japanese blog page introducing all events in Japan: <http://kokokaraspi.blog25.fc2.com/blog-entry-38.html>

[Download the Flyer in English](#) | [Download the Flyer in Japanese](#)

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**29 October 2009: Intro2theWave® (Tokyo, Japan)**

**Gabrielle Roth's 5Rhythms® with Deborah Jay-Lewin**

For beginners & experienced dancers. Everybody welcome!

TIMES: Thursday, 29 October 2009, 19.00–21.30 (Doors will open 18.30 for you to warm up)

VENUE: Bunkyo Civic Hall B1F, 1-16-21, Kasuga Bunkyo-ku, Tokyo; phone: 03-5803-1100, website: [www.b-academy.jp/b-civichall/access/access.html](http://www.b-academy.jp/b-civichall/access/access.html)

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**5 Sept. 2009 (start of ongoing group): Body-Breath-Beat (Findhorn)**

**An ongoing 5Rhythms® group with Deborah Jay-Lewin**

*"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.

[DOWNLOAD the Flyer as a PDF](#)

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**28-30 August 2009: Heart2Heart (Edinburgh)**

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

In these changing times, emotions are flying all around us: Fear in many guises from denial to panic; Anger from blame to rage; Sadness from self-pity to downright despair. It is a challenging time indeed. Resistance is rife, surrender is the key. Lets use this magnificent 5Rhythms practice to become more acquainted with our emotional patterns. Lets increase our awareness, our vocabulary and expand the possibilities. We may or may not find Joy – but lightness in any situation and Compassion for all will certainly make the day more imaginative and inspiring.

Times: Waves: Friday 28 August, 7–10pm.

Heart2Heart: Saturday 29 August, 11am–6pm and Sunday 30 August 2009, 11am–5pm.

Venue: Steiner School, Spylaw Road, Edinburgh

Costs: Friday evening Waves®: £10, Heart2Heart workshop: £115. Waves and Heart2Heart together: £110 (£95 if paid in full by 1 August 2009). Sponsored places available, please ask. *In 2005, Deborah received Scottish Arts Council Funding for the Heartbeat Training with Gabrielle Roth.*

*As a thank you, 10% of the profits will go to The Big Issue, Scotland.*

**To book and for more information contact Sarena Wolfaard: [move2bestill@yahoo.co.uk](mailto:move2bestill@yahoo.co.uk), 07974 307176.**

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