

a "moves into consciousness"
5 Rhythms™ Dance workshop

New Year 2011

1st - 3rd January 2011 Brighton

led by Alain Allard and Sarah Pitchford

New Year 2011

The first few days of 2011 a marker, time to set aside to review, to consider. In choosing to make space for this process, we are taking time to focus. Grounding ourselves through 5rhythms practice we will explore different ways to centre our attention, tap into our creativity and move with consciousness from the year just gone to the present moment. Digesting and releasing what we find we create dreams of intention for the year ahead, witnessed and shared by our fellow dancers in the ritual space of shared resolution and communal purpose.

Places are strictly limited, and early booking is advised.

This workshop requires previous experience of the 5rhythms, and a commitment to attend all 3 sessions. We will work:

1st Jan 2010 2pm-9pm

2nd & 3rd Jan 2010 10am-6:30pm

VENUE IN CENTRAL BRIGHTON

Price :£185

Earlybird Price £165 if booked with deposit by 8th November 2010.

To book send a £60 (non refundable) deposit either by UK bank cheque made payable to 'Moves Into Consciousness' to the address below, or by bank transfer (for bank details please contact Ebonie).

Address for cheques:

MIC, 7 Chapel Place, Tunbridge Wells,

For bookings information contact:

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