



# WAVEDANCE CUMBRIA

5 RHYTHMS DANCING IN THE LAKE DISTRICT

FRIDAYS EVERY MONTH @ THRELKELD, PENRITH, MUNGRISDALE



Five Rhythms is a simple movement meditation where you are free to dance in whatever way you want. Freedom to move gently in the Five Rhythms can help you strengthen your body and cleanse your mind.

## EVENT DATES AUTUMN 2022

16 & 17th Sept    21st Oct    18th Nov    16th Dec

ALL DETAILS AND BOOKING ARE AT:

[www.cumbriawave.dance](http://www.cumbriawave.dance)

*"There is a dance only you know how to do." Gabrielle Roth*