



WaveDance Cumbria

5Rhythms® in Cumbria - evenings and workshops through the year

2024 spring—summer diary

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| January 19th | Mungrisdale | Rachel Kurtz | Friday evening wave |
| Feb 16th | Thirlmere | Liz Collier | Friday evening wave |
| March 15th | Mungrisdale | Rachel Kurtz | Friday evening wave |
| April 19th | Thirlmere | Angela Lord | Friday evening wave |
| May 17 | Mungrisdale | Rachel Kurtz | Friday evening wave |
| June 21 +22/23 | Thirlmere | Alessia Lencioni | International dancers' Solstice weekend including Castlerigg Stone Circle |
| July 19 + 20/21 | Ambleside | Andrew Holmes | Friday evening wave, Weekend workshop |
| August 16 +17th | Ambleside | Mark Austin | Friday evening wave, Saturday workshop |

Energy moves in Waves. Waves move in patterns.

Patterns move in rhythms.

A human being is just that —energy, waves, patterns, rhythms. Nothing more. Nothing less.

A dance.

5Rhythms is a dynamic movement practice - a practice of being in your body - that ignites creativity, connection and community.

Whilst a seemingly simple process, the 5Rhythms dance practice facilitates deep and unending explorations, moving the dancer beyond self-imposed limitations and isolation into new depths of creativity and connection. The 5Rhythms – Flowing Staccato Chaos Lyrical Stillness – are states of Being. They are a map to everywhere we want to go, on all planes of consciousness - inner and outer, forward and back, physical, emotional and intellectual.

They are markers on the way back to a real self, a vulnerable, wild, passionate, instinctive self.

Gabrielle Roth



www.cumbriawave.dance

SCAN FOR INFORMATION

