

AMBU Alessia Lencioni

All that is YOU

5RHYTHMS

MAY 20-21

2023

CUMBRIA-UK



 **Ambleside Parish Centre**
The Centre, Vicarage Rd
Ambleside LA22 9DH, UK



2023, MAY
Friday 19 : May Wave (open class)
Sat 20 / Sun 21 : All that is You



Friday openclass £ 15.-
Workshop £ 110.- until April 02, £ 125.- after
discount if you participate in both

Situated in the heart of The English Lake District, and home of Wordsworth, is the market town of Ambleside, with nearby Rydal and the Langdale Peaks of ancient myth. We will be dancing in the spectacular Ambleside Centre.

There are plenty of accommodation options nearby, including camping, locations for campervans, and B&Bs. The Details and Registration page at www.cumbriawave.dance has an information sheet on Ambleside camping & accommodation. You can email helen@cumbriawave.dance with general queries.



WWW.CUMBRIAWAVE.DANCE



Join the WORKSHOP
and/or Friday Open Class

All that is YOU

Do you belong or are you an outsider? Do you define yourself more as an introvert or extrovert? Do you feel more feminine or masculine? Do you think you are a deep or superficial person? fun or boring? Are you hard worker or lazy kind of guy?

My inner voice always says: I don't know, I am all and nothing.
And that's exactly the deeper understanding.

The dicotomy we are use to serves us to develop the belonging (to a certain tribe or another). But in fact that is also the greatest illusion because there's a bigger Tribe emerging, it is The Tribe of "I am all of it. And I am changing moment by moment. And I belong to the presence"

HERE is an invitation to bring your messy self to the dance floor, integrate it and celebrate it. Invitation to melt down the tension that the body develops by trying to fit here and there and find a definition.

In this workshop you will allow all the different Flavours of you beyond the dicotomy and you'll proudly present yourself to the world as "All that is you".

AMBU Alessia Lencioni

Who am I...today? Today I am a passionate heart, a woman and a seeker. I am fire and water, wind and earth. I am chaos and flowing, I am a lyrical, travelling soul. Forever searching, through the movement of my body, the balance between my strength and my vulnerability. On the dancefloor I seek, explore, express and create my own true version of love, family, relationship, success and any idea has been taught us but doesn't fit us any longer. Dancing is the most fascinating and poetic way to connect to that truth, to wave and struggle for that, to encourage that and celebrate it. To meet with other seekers and feel finally one. I am willing now to offer my own way of surfing these waves of life to other dancers out there and to all those who still don't know they are.

Dancing since 2013, teaching 5Rhythms since 2018, my home land is Tuscany, Italy, where I teach in cities, by the sea, on evenings, workshops and retreats. I am a Moon Mother and work with energetics as well as somatic tools. I am excited to have this new opportunity to dance with you all in the UK.



alessialencioni.com



 [ambualessialencioni](https://www.instagram.com/ambualessialencioni)