



SIMPLICITY

a 5 Rhythms® workshop with Angela Lord in the Lake District

Saturday 30 March, 11.00 - 5.00

With open Friday evening Waves class

SIMPLICITY

Life can get very complicated: difficult, messy, challenging. Sometimes it's ourselves, sometimes it's just circumstances, often it's a real mix of both. But in the Rhythms we have a very simple practice that can hold us and even help us surf the situations we find ourselves in.

As we move into Spring, we'll take a day to dance the simplicity of the Rhythms, and explore how they may help us find a greater sense of clarity in our lives.

Pre-requisites:

This workshop is open to anyone who has done at least one taught class with any certified or accredited 5 Rhythms® teacher.

Venue:

Mungrisdale Village Hall, Mungrisdale CA11 0XR

Price:

Pre-booked £45 (until Friday March 15); thereafter £50

Waves evening: pre-booked £12 (until March 28); £15 on the door

Pre-booking and payment through www.wavedancecumbria.space

Contact Fred Worsley freddieworsley1@gmail.com for any further information.

Angela is a certified teacher of Gabrielle Roth's 5 Rhythms® She has been dancing the Rhythms since 1999 and teaching since 2011. She says: *"the dance changed my life. It continues to delight my heart and soul, even as it continues to challenge me to change and grow"*.

