

Depths of Winter

a movement journey on the Yorkshire Coast

January 21st-22nd 2017 with Chris Boylan



5RHYTHMS

The Yorkshire Coast in winter. Sparkling frosts, snow dusted moors. Wild winds and wilder seas. Flat calms and jewelled skies. A time of dark roots, bright fires, clear waters. Of creativity and magic.

A time to reconnect with ourselves, to reflect, to find and set intentions. A time to dance. We'll return to the earth of our bodies. Express our heart-fires. Let go in sweet landscapes of surrender. Re-imagine ourselves in fascinating fields of trance. Connecting with the alchemical Depths of Winter.

Our time together will be rooted in the 5 Rhythms maps. A simple, powerful movement practice suitable for all abilities. Chris is an accredited teacher who has studied 5 Rhythms for 17 years and completed his training with Gabrielle Roth and faculty in 2008. There are plenty of affordable accommodation options including sleeping in the hall.

*Cost £75 waged, £50 benefits £15 more after January 14th
Times 2pm-10pm Sat. Jan. 21st, 11.00am-5pm Sun. Jan. 22nd.*

Bookings: send a cheque payable to "C. Boylan" for £15 deposit or full payment to Roots and Wings, 50 High St. Scalby, Scarborough YO13 0PS. Email admin@northernrootsandwings.com or call 07988 820039 for bank transfer details. www.northernrootsandwings.com