

Freedom in motion

A series of movement adventures in Leicester

Freedom of Embodiment Oct. 29th 12-5.30pm

Freedom of Expression Dec. 3rd 12-5.30pm

Freedom of Release Jan. 28th 12-5.30pm



5RHYTHMS®



5 Rhythms is a funky, fun movement practice. Simple, profound, liberating and healing. There are no steps or routines to learn. We explore our own dance at our own pace supported by a wide range of wonderful music. It is suitable for all abilities and beginners are very welcome.

More info. www.northernrootsandwings.com 07988820039 christopherboylan@yahoo.co.uk.

The fastest way to still your mind is to move your body

- Gabrielle Roth



The 5 Rhythms are simple movement maps which release your own unique dance. You don't need to be thin or fit - if you can breathe, you can dance 5 Rhythms. You can't get it wrong. Soul food for your inner-raver and your inner-Buddha. It is catalytic work opening beautiful new landscapes of being. A journey out of the chatter of the head and into the wisdom of the body.

The workshops are offered by Chris Boylan. He has 17 years' experience on the dance floor and completed his training with Gabrielle Roth in 2008. Originally a toolmaker, he has a very practical and fun approach. The dance is a toolkit for healing and a toolkit for everyday life.

Each workshop is stand-alone so you are welcome to come to one, two or all three.

Beginners are always very welcome.

Venue is Skytribe Dance Studio, Churchgate LE1 4AJ.

Booking info

£30 waged/£20 benefits for each workshop. £10 more on the day. £5 discount if you're new to 5Rhythms. Further concessions possible, get in touch. £10 deposit secures a place. Text 07988820039 or email admin@northernrootsandwings.com for bank transfer details and further info. Interested but can't make these? Email or text me to go on the mailing list.

www.northernrootsandwings.com