



GUERILLA RUMPUS

5 Rhythms is a simple and profound movement practice that unlocks the doors to our deeper self. Guerilla Rhythms is an unplanned journey into the maps of the 5 Rhythms. Nothing is prepared in advance. It is all about who comes on the day and the alchemy of what happens between us when we dance. This is a special rumpus for all fool's day. Let me know you're coming by e-mail or text so I can send you the info. Pay what you feel. weekly classes Weds. 7.30-9.30 @ PSC.
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NOTHING TO LOSE BUT YOUR MISERY

YORK PRIORY ST. CENTRE 01/04/17