

# GUERRILLA RHYTHMS

## NOTHING TO LOSE BUT YOUR CHAINS



MANCHESTER RISING!

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. Numbers are limited so let me know you're coming by e-mail or text so we don't get too full and I can send you the info. and . Pay what you feel between £10 and £30( or more!).

ST. CLEMENT S CHORLTON M21 9AE 11/03/17 15.00-20.00

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