



5 RHYTHMS[®]

Lancaster workshops with Chris Boylan

Drop in class All Hallow's Eve Mon. Oct. 31st. 7-9.30pm



Do you ever find yourself wishing you had a little more fire? Do you get too fiery too quickly? Are you simply curious about your inner fire? Maybe you just want to get wild and deep in your dance?



Embody, express, release. Dancing into the lyrical landscapes we find when we have dropped our baggage. Exquisite, intriguing and soulful. How does your lightness move? How does your soul dance? Freedom in motion.

All at St. Paul's Parish Hall Scotforth LA1 4TS

5 Rhythms is a simple profound movement meditation. No steps or routines. It's about **your** dance. Soul food for your inner raver and your inner Buddha.

Chris has been studying 5 Rhythms for 17 years and completed his training with Gabrielle Roth in 2008. Originally a toolmaker, he brings the practicality and no bull approach of the machine shop to the dance floor.

Cost for drop-in class on Oct. 31st::
£12 standard rate, between £7 and £11 if you're low-waged. £6 dole, students etc.

Cost for workshops: £30 standard rate, £20 dole etc. or £10 more if you pay on the day.
Bookings: email
admin@northernrootsandwings.com or
text/call 07988 820039 £10 deposit secures a place.

www.northernrootsandwings.com