



£75/£50

THE TECHNOLOGY OF ecstasy

NOVEMBER 12-13 2016

with CHRIS BOYLAN

YOUR BODY

- a temple
- an adventure playground
- a toolkit

5 Rhythms is a profound and simple movement meditation. We embody qualities of movement that we all already know. Reintegrating the physical, emotional and conscious aspects of ourselves. We arrive in landscapes of soulful presence; “begging bowls for spirit”, in the word of Gabrielle Roth.

Like any shamanism, it is a technology of ecstasy. The toolkit is your body. The maps are the 5Rhythms: Flowing, Staccato, Chaos, Lyrical and Stillness. This workshop is a deep dive into the technique of the practice. Ideal for beginners, ideal if you are ready to go deeper into your dance.

2.00pm Sat. Nov. 12 - 5.00pm Sun. Nov. 13

Venue is Burniston Village Hall nr. Scarborough. Easy by train and we pick up from the station. Sleepover in the hall for £10. Lots of other affordable accommodation options. Bookings 07988820039 admin@northernrootsandwings.com. Cost £75 waged/£50 concessions. £15 more after Nov. 1st. £25 deposit secures a place.

www.northernrootsandwings.com