

“Between the head and the feet of any given person is a billion miles of unexplored wilderness”

- Gabrielle Roth

Unexplored Wilderness

Sun. Oct. 30th York Priory Street Centre YO1 6ET 11.30am-5.30pm

A 5 Rhythms movement exploration with Chris Boylan. All welcome.

www.northernrootsandwings.com 07988820039

£30 waged, £20 concessions, £10 more on the day. £10 deposit secures a place.

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So let's go exploring!

5 Rhythms is a simple yet profound dynamic meditation suitable for all abilities. Soul food for your inner raver and your inner Buddha. No steps or routines. It is your own exploration at your own pace. All are very welcome.

The event is hosted by Chris Boylan. An accredited 5Rhythms teacher, he completed his training with Gabrielle Roth and faculty in 2008. He is based on the Yorkshire Coast and offers weekly classes in Manchester, York, Teesside and Leeds and workshops all over. He has a bad sense of humour and a profound hunger for spirit.

Venue is close to York Station and easily accessible by road from any direction.

Cost is £30 waged, £20 concessions if booked in advance. £10 more on the day. £10 deposit secures a place. Email admin@northernrootsandwings.com for bank transfer info. Or send a cheque payable to "C. Boylan" to Roots and Wings, 50 High Street, Scalby, Scarborough YO13 0PS. Can't make this one? Get in touch to join the mailing list. www.northernrootsandwings.com 07988820039