



*The power of dancing
5Rhythms Workshop
23-25th February 2018*

23rd Friday 6.30pm - 9.00pm

24th Saturday 11am - 5pm

25th Sunday 11am - 5pm



The 5Rhythms is a simple and yet deep dance practice. The dance grows from inside and develops your expression, your creativity, your awareness and your healing. We'll dance through the 5rhythms: flow/the power of being, staccato/ the power of loving, chaos/the power of knowing, lyrical/ the power of seeing and stillness/ the power of healing. Everybody can dance the 5rhythms. The dance is your expression; there is no right and no wrong. Only the dance itself, as it unfolds through you. The rhythms are the structure, which allow you to find new forms and paths in your dance.

Dancing the 5Rhythms is a healing practice, which releases energy and creativity, melts tensions and grounds the soul in your body. When you dance the 5Rhythms you are on a deeply personal journey through your life, your emotions and your patterns of being, and you will discover an exhilarating and restorative healing. The dancing journey will empower your body, so you will discover new ways of being, the creativity of your expressive dance will open your heart, let go of old mental patterns and unfold your inner wisdom.

Friday evening only (Feb 23): LKR 2500 (*early bird LKR 2000)
Full workshop (Includes Feb 23, 24, 25): LKR 18,000 (*early bird LKR 16,000)

*To secure your early bird price, please confirm and make full payment on or before Friday 16th February 2018.

Contact Thanuja Fernando for details on 077 541 7798

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