

there are shortcuts to happiness
and DANCING is one of them

PRANA DANCE Platform Fridays @ 6.30pm

*Drop In Sessions / please refer to weekly online schedule
and confirm event with the Prana desk on 2684808*



We will dance through the 5 universal rhythms of life: flowing/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. In the dance we open up and bring awareness and presence into our being. We release energy and creativity, melt tensions and ground the soul in our dancing body. The 5rhythms is a creative dance practice with rhythms to structure our unique improvised movements, a practice of presence in moon.

Through the 5rhythms and the expression of the body, we'll experience, how dance is a doorway to this openness and connect us to a mystery, which is greater than ourselves.

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Minimum Donation of 500 Rs or more is welcome as part proceeds are going towards charity

*for info/ bookings: 0765575556 or pranaloungecolombo@gmail.com
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