

WaveDance Cumbria

5Rhythms® through the year



2026 WINTER—SUMMER DIARY

Energy moves in Waves.

Waves move in patterns.

Patterns move in rhythms.

A human being is just that —energy, waves, patterns, rhythms. Nothing more. Nothing less. A dance.

5 Rhythms is a dynamic movement practice - a practice of being in your body - that ignites creativity, connection and community.

Whilst a seemingly simple process, the 5Rhythms dance practice facilitates deep and unending explorations, moving the dancer beyond self-imposed limitations and isolation into new depths of creativity and connection. The 5Rhythms – Flowing, Staccato, Chaos, Lyrical, Stillness – are states of Being. They are a map to everywhere we want to go, on all planes of consciousness - inner and outer, forward and back, physical, emotional and intellectual. They are markers on the way back to a real self, a vulnerable, wild, passionate, instinctive self.

Gabrielle Roth

When	Where	Teacher
January 16	Mungrisdale	Rachel Kurtz
February 20	Threlkeld	Rachel Kurtz & The Band
March 20	Mungrisdale	Liz Collier
April 17	Askham	Sarah Regan & Rose Ramsay
May 15	Mungrisdale	Angela Lord
June 19 - 21	Embleton	Ambu Lencioni
July 17 - 19	Bampton	Andrew Holmes
August 21—23	Thirlmere	Alex Mackay

For much more about 5 Rhythms, the events, for registering, for discount advance vouchers—go to

www.cumbriawave.dance