

WaveDance Cumbria

5Rhythms® through the year



2025 autumn - winter diary

When	Where	Teacher	
September 19th	Mungrisdale Village Hall	Liz Collier	Friday evening wave
October 17th	Mungrisdale	Rachel Kurtz	Friday evening wave
November	Mungrisdale	Liz Collier	Friday evening wave
December 19th	Mungrisdale	Rachel Kurtz	Friday evening wave

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.

5Rhythms 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



www.cumbriawave.dance

INFO & REGISTRATION

