

cumbriawave.dance

5RHYTHMS®

alessialencioni.com/sunbeing-cumbria



JUNE 21-23
2024
CUMBRIA-UK

Becoming Dance

Sun Beings

AMBU Alessia Lencioni



Thirlmere Recreation Hall
 Stanah Lane, junction of A591 and
 B 5322, CA12 4TH - Cumbria (UK)



2024, June
 Friday 21 : open class
 Sat 22 / Sun 23 : workshop

Sun Beings

Becoming Dance

This weekend we will dance with the energies of nature, at the moment when the sun shines at its zenith, when the creative drive of spring relaxes and we can appreciate simply being..

Being in the body, receiving it delicately, welcoming its change of energy, relaxing in sensitive movement, enjoying the warmth of the sun on the skin.

We will inhabit the space between the lyrical and the quiet, accompanied by moments of live music and fusion with the elements. We will let go of control over our own dance patterns to become the dance itself. We will celebrate the Solstice with a stone circle ritual in an ancient and powerful place.

Our main dance venue is the hospitable Thirlmere Hall in the dramatic St. John's Valley. On Saturday afternoon we plan to spread our wings and dance in Castlerigg Stone Circle. Probably built around 3000 BC, the beginning of the later Neolithic Period, Castlerigg Stone Circle is one of the earliest stone circles in Britain. It is important in terms of megalithic astronomy and geometry, as the construction contains significant astronomical alignments.

Although its origins are unknown it is believed that it was used for ceremonial or religious purposes. It is probably the most dramatic of the known Neolithic stone circles in Britain.

You can stay overnight at the hall, or camp in it's grounds, and there are plenty other possibilities nearby for staying (see suggestions below.) If you want to stay in the hall on Friday night (if you are dancing the Friday Wave and continuing for the weekend) and on Saturday night, tick the options on the registration forms for the Wave and the Workshop.

AMBU Alessia Lencioni

Who am I...today? I am a passionate heart, a woman and a seeker. I am fire and water, wind and earth. I am chaos and flowing, I am a lyrical, travelling soul. Forever exploring, the Sacred Balance between power and grace. On the dancefloor I seek, express and create my own version of love, family, relationship, success and any other idea has been taught us. Dancing is the most fascinating and poetic way to connect to the truth, to embody it and celebrate it.

Dancing since 2013, teaching 5Rhythms since 2018, my home land is Tuscany, Italy, I teach classes, workshops and retreats. I am a Certified Dharma Coach and a Somatic Counselor, helping women to go from stuck to clarity, from the mud to the blossoming, just like a Lotus flower. I am excited to have this new opportunity to dance with you all in the UK.



WWW.CUMBRIAWAVE.DANCE



**Join the WORKSHOP
 and/or Friday Open Class**

alessialencioni.com

[ambualessialencioni](https://www.instagram.com/ambualessialencioni)

