



THIS DANCING BODY



***A 5 Rhythms® Workshop
with Andrew Holmes***

~ The Lake District ~

Sat 17th & Sun 18th June

plus an open Waves evening on Fri 16th

THIS DANCING BODY

This body ~ often taken for granted, sometimes ill or in pain, always ageing..

We feed it, rest it, keep it warm

Wish it other than it is

And then attend to higher things..

But then again.. *this* body ~ home, a miracle of design

The creative instrument through which our dance takes form

A crucible of life and breath

A begging bowl for Spirit..

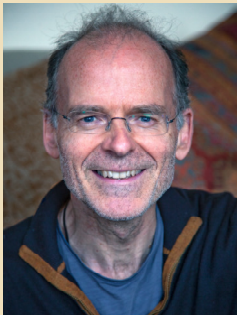
This is a weekend to more consciously inhabit our physical form

To breathe, and move, and feel

To celebrate the physical, and fill it luxuriantly with ourselves

To find acceptance and then revelation in our flesh and bones

And attend with honour to this body that loves to dance.



Sylvain Guenot

Andrew has been teaching the 5 Rhythms for twenty-five years. He studied extensively with Gabrielle Roth, and runs workshops in many countries. He lives in Somerset with his partner Sharon.

“The depth and simplicity of your teaching is stunning”

Practical Details & How To Book

Fri 16th June 7 - 9.30pm. Sat 17th 11am - 6pm. Sun 18th 11am - 5pm

Askham Village Hall, near Penrith CA10 2PN

Cost: Weekend £125 (£110 if booked by Apr 30th)
 Friday eve £15 (£10 if booked with the weekend)

To book: please visit www.cumbriawave.dance

Or with any questions: contact Helen at helen@cumbriawave.dance

Plenty of accommodation options nearby, inc camping and B&Bs