



7pm Friday – 5pm Saturday

How can I meet you without losing myself?

How can I let myself shine while allowing space for others?

Why do I ache for connection when I am alone and for solitude when in company?

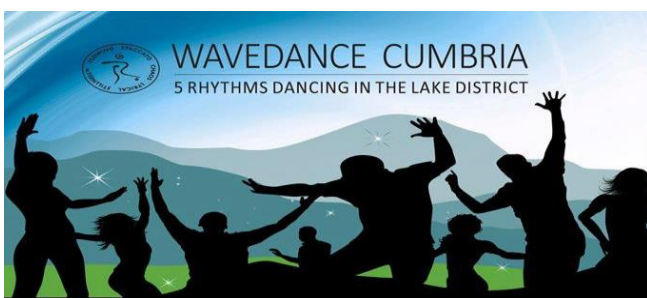
What are the gifts and challenges of being in relationship with myself, another and a group?

For an evening and a day, we will explore these questions and more as we investigate the ways we connect on a path to rediscovering unity.

LIVE MUSIC

Dancing will be sensitively supported by a trio of talented multi-instrumentalists, each of whom have two decades of experience dancing 5 Rhythms. The Friday evening will introduce the themes for the Saturday workshop, but it is not necessary to attend both.

Ambleside is in the heart of the beautiful Lake District, making this workshop a fabulous break or the perfect way to launch a bank holiday weekend of adventure.



Friday evening dance £15. Saturday workshop £55 (£50 if booked before March 19th)

Bookings and further information including local accommodation:

www.cumbriawave.dance

5 Rhythms is a practice for life - insights from the dance floor can widen our choices and support us to move differently in the world so we can grow in more positive directions. It is a practice for anyone with a body, curiosity and willingness to show up. There are no moves to learn and no experience is required, just a love of dance and a desire to become more fully present.