



You and Me



*A 5 Rhythms® Workshop
with Andrew Holmes*

~ The Lake District ~

Sat 18th & Sun 19th June

plus an open Waves evening on Fri 17th

You and Me

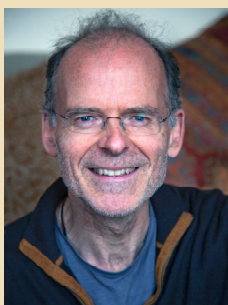
Relationship ~ it connects us, to others and to life.

At an early age we realise that there's more than just us here.
And then throughout our lives, with family and with friends, with lovers
and with colleagues, we meet, relate, and part, again and again.

Sometimes it's delightful, sometimes it's difficult.
Sometimes it's perfunctory, sometimes it's profound.
Always there's an opportunity for creativity and for us both to be
enriched. If we can find it..

This is a weekend to explore, through the 5 Rhythms, the dances of
relationship ~

Our familiar patterns, and other possibilities..
All the different ways of connecting with another
With body and heart
Me and you.



Sylvain Guenot

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

“The depth and simplicity of your teaching is stunning”

Practical Details & How To Book

Fri 17th June 7 - 9.30pm. Sat 18th 11am - 6pm. Sun 19th 11am - 5pm

Ambleside Parish Centre, Vicarage Road, Ambleside LA22 9DH

Cost: Weekend £110 (£95 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