

The background of the entire page is a close-up, high-resolution photograph of sliced cucumbers. The slices are arranged in a slightly overlapping pattern, showing the characteristic green skin, the pale green flesh, and the central cavity containing small, white, oval-shaped seeds. The lighting is bright and even, highlighting the textures of the vegetable.

the in-between dance

refreshing like cucumber

a breath of fresh air
between xmas and new year
december 27-28
mungrisdale near penrith
cumbria

5Rhythms® Dance
with Jean Rankin



5RHYTHMS®

our now traditional gathering
in the space between xmas and new year

time and space for you
dance off the xmas pud
get grounded and centered
connect with others in simple and authentic ways
including the spaces in between
open up to basic goodness and greatness
feel amazing and refreshed!!

mungrisdale village hall
CA11 0XR

Friday night open wave 7-9.30pm
voucher £10 prebook £12 on the door £15
Saturday whole day 10-5
£50 prebook £60 on the door
Register on website : <http://wavedancecumbria.space>
Do you want to stay overnight in the hall??
Contact Fred: fred@wavedancecumbria.space 07823 507839



About Jean: I grew up in the Lake District and have been visiting and sharing 5Rhythms Dance here for many years. I trained with Gabrielle Roth in 2007 and in 2018 qualified to teach 5Rhythms Heartbeat, the dance of the emotions. I hold a strong, clear and loving space in my workshops enabling dancers to access their own capacity for self-healing.