



The Guelph Groove



presents a

5Rhythms® Dance Workshop

with Kate Huband

Saturday October 22, 2016 -- 7:00 to 9:30 pm

42 Quebec St., 3rd Floor, Guelph, ON

\$20 per person

If you've ever wondered what the 5Rhythms is all about, here's your chance to find out. And, for the initiated and more experienced, this workshop is an opportunity to dive even deeper into your 5Rhythms practice.

In this evening workshop, we will explore the fundamentals of Gabrielle Roth's dynamic movement meditation practice - the 5Rhythms. Each of the rhythms – Flow, Staccato, Chaos, Lyrical and Stillness -- is a world in itself, an aspect of a human being, a quality of energy that brings particular teachings when you move within it. Put together in sequence, the five rhythms take on a wave-like energy form that moves you deeply through yourself, out to your edges, and drops you right in your centre, leaving you both vibrant and grounded.

Register at a Guelph Groove dance, send in a completed registration form via email or contact us for more information at theguelphgroove@gmail.com. Please register early. Space is limited.

Many thanks to Kate for partnering with The Guelph Groove to offer this workshop at \$20 per person. Our intention is to make the 5Rhythms as accessible as possible.

Kate Huband has been facilitating workshops that weave creative expression with healing, education and community for over twenty-five years. She has worked with children, youth, and adults in the creative, education, health care and not for profit sectors in Ontario, Quebec, Nova Scotia and Nicaragua. She is a certified 5Rhythms teacher and has been dancing Gabrielle Roth's' 5Rhythms since 1996.

