



# *Roots & Wings*

*5Rhythms day in Exeter*

*July 13th with Neil Pinnock*

 5RHYTHMS

# ***Roots & Wings - Exeter***

***Sunday 13th July 11am - 6pm***

***@St Thomas Church Hall, Exeter, EX2 9BQ***

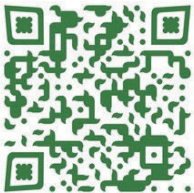
We are of the earth, embodied, rooted yet free to flow, grow and unfold. Through the 5Rhythms dance the invitation is to discover how energy moves through the body in rhythms and waves, rising, falling and expanding from the roots of flowing all the way to the wings of lyrical.

*"Once your body surrenders to movement, your soul remembers its dance." Gabrielle Roth*

This day will support you into a deeper enquiry and mystery of the rhythms of flowing and lyrical. You will find both your roots and wings, feeling the ground of your being and the expansive possibilities as you open to the energy of dance and life through body and heart.

Bookings are open - earlybird price of £55 (till June 15th) £65 after.

All welcome - This workshop counts as 1 day of Waves for 5RTA  
[www.neilpinnock.com/workshops-events](http://www.neilpinnock.com/workshops-events)



**Neil Pinnock 5Rhythms**

Neil trained with Gabrielle Roth in 2007 and has been rocking the beat ever since, locally & globally

'The 5Rhythms are my home, my guru, my sanctuary. The wisdom they contain has transformed my life and I trust it will transform yours. As a teacher I offer tenderness, healing, humour & heart so you too can be more fully alive in the dance of your life'.