



# ***Roots & Wings***

***5Rhythms day in Bristol***

***November 23rd with Neil Pinnock***

# ***Roots & Wings - Bristol***

***Saturday November 23rd 11-6pm***

***@St Michael's Parish Hall, Park Lane, Bristol, BS2 8BE***

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

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

During this day you will be supported through the 5Rhythms with a deeper inquiry around flowing and lyrical. The day will help you to find both your roots and your wings, the ground of your being and the expansive possibilities as you open to the energy of dance and life through body, heart and mind.



Bookings are open - earlybird price of £55 (till November 1st) £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 have transformed my life. As a teacher I offer tenderness, empowerment, healing, growth and heart so you too can be more fully alive in the dance of your life.'