



Roots & Wings

5Rhythms day in London - SE20

Saturday June 14th with Neil Pinnock

 5RHYTHMS

Roots & Wings - London

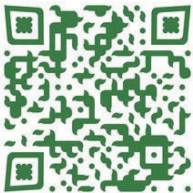
Saturday 14th June, 10am-5pm

Matico Dance Studio, 85 Royston Road, London, SE20 7QW

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 from stillness, the wave moves us, expresses through us, releases and expands us from the roots to the wings and back again.

“Once your body surrenders to movement, your soul remembers its dance.” Gabrielle Roth

This day will support you into a deeper inquiry and unfolding of the mystery of the rhythms of flowing and lyrical. You will access both your roots and wings, feeling the earth, the ground of your being and the expansive possibilities offered by spirit as you open to the lightness of the dance through body and breath.



Bookings are open - Prices £45 / £55 / £65 / £75
Earlybirds save when booking before May 18th

All welcome - This workshop counts as 1 day of Waves for 5RTA
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'.