

A vibrant sunset over the ocean. The sun is low on the horizon, casting a golden glow across the sky and reflecting on the water. In the foreground, a wave has broken into a heart shape, with the sun's light shining through the center. The sky is filled with colorful clouds in shades of orange, yellow, and blue.

# SWEET SPOT

5RHYTHMS DAY WORKSHOP

MYNYDD LLANDEGAI - BANGOR

SUNDAY JUNE 1ST

WITH NEIL PINNOCK

 5RHYTHMS

**SWEET SPOT - BANGOR**  
**SUNDAY 1ST JUNE 2025 - 11AM-6PM**  
**MYNYDD LLANDYGAI MEMORIAL HALL - BANGOR LL57 4LQ**

*"Freeing the body inevitably leads to freeing the heart." Gabrielle Roth*

There is a place within us all where body, heart & mind are in harmony and balance. I call this the Sweet Spot. We can track it through the dance, through movement, through body. When we come close to this place we often find ease, grace and pleasure and we can experience our life again with fullness presence and wonder. The 5Rhythms practice guides us into a deeper intuitive embodiment, supporting us to feel our way through body, heart and mind, helping us attune our system into a more balanced and harmonious Sweet Spot.

Through this day we will dance with Gabrielle's maps of 'The Wave'.  
Workshop counts as a one day 'Waves' for the 5RTT.

Price : Earlybird (by May 4<sup>th</sup>) £50 - £60 after  
some discounts available for concessions and 5RTA - please enquire

[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'.

