## SWEET SPOT

## **SRHYTHMS DAY WORKSHOP** MYNYDD LLANDEGAI - BANGOR SUNDAY JUNE 1ST

WITH NEIL PINNOCK SRHYTHMS



## 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

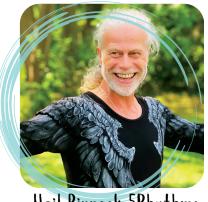
There is a place within us all where body, heart & mind are in harmony and balance. I call this the Sweet Spot. We can track it through the dance, through movement, through body. When we come close to this place we often find ease, grace and pleasure and we can experience our life again with fullness 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 4th) £50 - £60 after some discounts available for concessions and SRTA - please enquire

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'.