

## Gabrielle Roth's 5Rhythms Movement Practice

Posted At : April 30, 2008 1:20 AM | Posted By : Michael Smith

Related Categories: Events, Dancing

Gabrielle Roth's 5Rhythms® Movement Practice

**Facilitated by Tammy Burstein, Certified Teacher**

Discounted Pricing through May 1st

All three maybe purchased for just \$195.00

Any two for \$140.00.

Individual workshops are \$80.00 apiece.

To enroll, go to [www.Aphroditephoto.com](http://www.Aphroditephoto.com) > Workshops> 5Rhythms® in DC 2008

May 18, 2008: Connecting Waves: Moving with the Self, the Other, and in Community

September 21, 2008: Shadow Waves: A Moving Journey through the Shadowland

November 16, 2008: Change Waves: Awareness, Attention and Moving to Action

Sundays, 11:00 am - 5:00 pm at Carderock Springs Swim & Tennis Club, Bethesda MD

**Waves - Dimensions Series:** Gabrielle Roth's 5Rhythms® Movement Meditation is a multi-dimensional practice that moves the body, heart and mind in the service of the free soul and the collective spirit. This three part series is an opportunity to expand our visceral understanding of three deeper aspects of the practice.

**Connecting Waves:** Wherever we start, whichever direction we take, it's all about connection, about relating, outside in and inside out. In this 5Rhythms® workshop we'll move through multiple Waves as we explore the dances of partnership, the dances of connection - with ourselves, with partners, and as members of a community. We'll discover where we connect and where we lose touch, where we partner and where we part. We'll move, on our own and together, through and to a fresher, deeper and more loving understanding of relationship, to the self, the other and our many tribes.

**Shadow Waves:** We all know how it feels to just not want to get out of bed in the morning, to slog through the day, and finally fall back into bed. What if we could turn our inertia into art, turn ourselves into a ball of energy? Take a chance to dance out loud the tension in a jawbone or held in a shoulder, embody our stick figures and move on out fully fleshed? Give up control, dive beneath the surface and melt the ice that casts the shadows we so often find ourselves moving through? In this workshop we'll dance through the shadow-land and follow the map of the 5Rhythms® into the light.

**Change Waves:** The 5Rhythms® practice is a practice of embodying change from the feet up, from the inside out, straight from the heart, and out into the street. We are all creatures of change, constantly in motion, whether we are aware of it or not. We resist it and we crave it. We dance with it and sometimes we sit it out. But no matter what, change is going to happen with or without our attention. In this workshop we'll shake ourselves up from the ground we move on as we challenge ourselves to dance bigger and bolder, softer and more vulnerably. We'll give ourselves the opportunity to expand our options, embrace possibility and move into action on and off the dance floor.

Venue: Carderock Springs Swim and Tennis Club

(Huge hardwood dance floor!!!)

8200 Hamilton Spring Court, Bethesda, Maryland 20817

Approx. 1.7 miles from I-495 & River Road

To register now, Click: [http://www.aphroditephoto.com/Workshops\\_Frame.htm](http://www.aphroditephoto.com/Workshops_Frame.htm)

Questions or Additional Information:

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or Email: Jim (at) AphroditePhoto.com