

Trance Dance moves to 5Rhythms Movement Practice

Posted At : January 6, 2009 11:45 PM | Posted By : Michael Smith

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Thanks to Jim Guzel we will now be able to trance dance to the 5 Rhythms every month at a larger venue:

Gabrielle Roth's 5Rhythms® Movement Practice

D.C. Inaugural Monthly 5Rhythms Ball

Friday, January 16th, 2009 8:00 - 10:30 PM

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. And as you can see, we are inaugurating our monthly 5Rhythms® Dance. Those of you who have been attending our events over the last year know that we have been having a ball, so let's keep up the tradition.

\$20.00, cash only, at the door. If you want to pay in advance, using a PayPal Account or Credit/Debit Card, contact Jim Guzel Cell: 202.627.9903 Email: Jim@AphroditePhoto.com

Venue: Carderock Springs Swim and Tennis Club

(huge hardwood dance floor and ample free parking)

8200 Hamilton Spring Court, Bethesda, MD 20817

Located approximately 1.7 miles from River Road and the Beltway (I-495)

Information on our Monthly 5Rhythms® Practice Session

Beginning in January, there will be a 5Rhythms® practice session every month. The format will consist of warm-up, 5Rhythms® instruction by our facilitator of the month, and unguided practice. We will begin promptly at 8:00 PM, ending approximately at 10:30.

Since there are currently no certified 5Rhythms teachers living anywhere in the DC area, our faculty will consist of a number of certified teachers from up and down the East Coast who have been gracious enough to band together in support of the DC 5Rhythms Tribe and have agreed to provide certified instruction for us on a regular, monthly basis. Special thanks to Tammy Burstein who brought our cadre together.

With the exception of this February and March, all monthly dances will be held on the third Friday of the month. For this year only, we'll have our February and March dance on the fourth Friday.

2009 Dates: Jan 16th, Feb 27th, Mar 27th, Apr 17th, May 15th, Jun 19th, Jul 17th, Aug 21st, Sep 18th, Oct 6th, Nov 20th, Dec 18th

The per session tuition is \$20.00, cash only, at the door. You may also save \$20.00, support our fledgling effort and purchase our Six Pack Special, consisting of six consecutive sessions for \$100.00. If you want to pay in advance, using a PayPal Account or Credit/Debit Card, contact Jim Guzel Cell: 202.627.9903 Email: Jim@AphroditePhoto.com

Meet Daniella Peltekova, our Facilitator for January 2009

Bio: Daniella Peltekova comes originally from Bulgaria where the mountains hold a deep tradition of peace, wisdom and spirituality. She became enamored with the 5 Rhythms practice 5 years ago while she lived in Amsterdam, Holland and still held a high-powered corporate job as a technology consultant. Daniella moved to New York City at the end of 2007 to pursue deeper learning from the 5 Rhythms source, qualify as a teacher and begin her journey as a teaching practitioner. She has held classes and workshops both in NYC and in Bulgaria. Following the intuition and creativity of her inner compass, the movement practice has brought her forward to most fulfilling challenges and changes of perception, ways of life and actions of service. Daniella is also a poet and a change agent in organizational development and authentic leadership, weaving it all in an inspiring spiral of continuous learning.

Movement Philosophy: Everything is in a constant movement and flux, the Universe dances its infinite, intricate, beautiful - daily, monthly, yearly - dances and it is of utmost human importance to be able to listen to our own bodies and spirit, move in unison with them and uncover their irrevocable connection to the larger dance of life. Empowered by soul reflection, self-knowledge, roots and fluidity we become fully alive in our practice of 5 Rhythms dance and bring magic forth in our practice of daily life.