

Where do the 5 Rhythms come from?

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The 5 Rhythms were created by [Gabrielle Roth](#) in the 1960s. She was teaching movement classes and noticed five distinct patterns, which she eventually called the 5 Rhythms - flowing, staccato, chaos, lyrical, stillness. She still teaches classes on the 5 Rhythms in New York City to this day.

More about each rhythm at [Gabrielle Roth](#) 's website under the link "5 Rhythms" on right hand side