

TRUE RHYTHMS



10:45-12:30 Saturdays in Shepton Mallet

 5RHYTHMS®

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PAUL ST COMMUNITY CENTRE, 26 PAUL ST, SHEPTON MALLET BA4 5LA

DROP-IN CLASS - £10 CASH ON THE DOOR - ADULTS ONLY

WARMUP BEGINS 10:45, DOORS CLOSED 11:00, CLASS COMPLETES 12:30

5Rhythms is a **conscious dance** practice. Enjoyed worldwide. Good for the body. Good for processing stuff. Good for taking pleasure in being alive.

A welcoming atmosphere.

This class is for anyone who would like to tune in to themselves, take a breath, move the body, and find their rhythm. It's Saturday morning. We're all experiencing something unique to us. Let's dance it through in the company of like-minded souls.

Questions: Catherine 07770 267230 catherine@catherinellewellyn.co.uk

