

2 DANCE EVENTS IN SOUTH DEVON JANUARY 2018

5Rhythms[®] NEW YEAR Dance Ritual

with Kay

5th, 6th & 7th JANUARY

At Harberton Parish Hall, nr Totnes.

Using simple ceremony and the maps of 5Rhythms
dance we will welcome in the New Year.

Giving time to honour the past year, being with
the present and breathing movement into

Our experiences to inspire and support
the year to come.

Dancing our gratitude & dreams into new beginnings

A SCHOOL OF MOVEMENT MEDICINE JOURNEY OF VIBRANCY AND COURAGE THROUGH THE HEART
with Rosie Perks and Ben Yeger

SPIRIT of the dancing HEART

DARTINGTON, DEVON
12 - 14 JANUARY 2018

beyournotenow@gmail.com | 07876 494070
Contact Emily:

New Year Dance Ritual, 5 - 7 January
followed by a journey to expand
our capacity within conflict and grief, 12 - 14 January
Join both and get 20% discount, email Emily.beyournotenow@gmail.com

Take time to dive into 2018 with the depth and attention of the **New Year Ritual** with Kay Chambers. Come into your heart to rest and reflect on what has passed, acknowledge where you have arrived and dream into what is yet to come. Allowing the 5 Rhythms practice to support the unfolding of your experiences as fuel for your dance, gathering in the grace to prepare the seeds of new beginnings.

Then take another step and join the **Spirit of The Dancing Heart**, a Movement Medicine journey of vibrancy and courage through the heart with Rosie Perks and Ben Yeger. Drawing upon the map of the Movement Medicine Chambers of the Heart, giving particular attention to grief and conflict as gateways to more understanding of our humanity and harnessing their vital life energy so they become our trusted allies.

Combining these two weekends will be a unique opportunity to immerse yourself in the dance, to welcome whatever is alive in your heart and emerge with renewed energy and insight for the year ahead.

NEW YEAR RITUAL

Harberton Parish Hall, Harberton, Totnes, Devon TQ9 7SD

Friday 5th January 6.45 pm - 9.15 pm. Saturday 6th & Sunday 7th 10.30 am - 4.30 pm

£95, £85 concessions | Booking requires a £20 deposit

Contact Kay: 01803 812584 | kaydancedelicious@hotmail.com

SPIRIT OF THE DANCING HEART

Studio 30, Dartington Hall, Totnes, Devon, TQ9 6EF

Friday 12th January 1 - 7pm, Saturday 13th 10am - 6pm, Sunday 14th 10am - 4.30pm

£130 if booked with £60 deposit (non-returnable) by 12.12.17, £160 thereafter

Contact Emily beyournotenow@gmail.com | 07876 494070

BOOK BOTH WORKSHOPS TOGETHER FOR ONLY £210 (a saving of nearly 20% off full price)

To register for both at this cost contact [Emily beyournotenow@gmail.com](mailto:beyournotenow@gmail.com) | 07876 494070

For more info on the New Year Ritual contact Kay, for more info on Spirit of the Dancing Heart contact Emily.

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