



# *Riding the wild fire*

Gabrielle Roth's 5Rhythms<sup>®</sup>  
Waves/Heartbeat workshop  
with Adam Barley

Brighton, England Sep 9-12th 2010

# Riding the wild fire

There is an edge within us. It's elemental, raw; a force of nature and deeply human, an instinctive intelligence that knows how to live, breathe and move in love. Riding this fiery edge we dare to be wild and true, desire passionately and act spontaneously, speak the truth, risk mistakes and grow through all of it.

Here we combine the Waves and Heartbeat maps of the 5 rhythms so you can find your own ground, balance and power, riding deep into the wild fire of your own nature. We then take that edge into relationship with others, to give and receive generously, to stand our ground yet be open to changing, practicing the art of transformation through communication, confrontation and communion so we can learn a little more of loving.

Adam has been studying healing and meditation since the early 80s, and teaching the rhythms since '93. He had a later period of five years mentoring with Gabrielle to teach the Heartbeat map, and was part of the Heartbeat training '05-'07. *"My teaching style is clear, high energy, and I hope inspiring. I don't believe we have the time to mess around pretending that something is happening if it isn't, or vice versa, yet I've spent enough time in the shadows to know how precious it is to enjoy life, and to have compassion for most of what turns up on the dance floor."*

5 RHYTHMS®



Where: Rottingdean, Brighton  
When: Sept 9th/10th: 4 - 9pm  
11th: 11am - 6pm  
12th: 11am - 4pm  
Cost: £220, or £195 if booked by Aug 1st  
To book: contact Neda at  
neda.nenadic@hotmail.co.uk  
+44 (0) 7779 033129

*"exquisite, fine, powerful teaching"*

*"opened a door within me and life just started pouring in"*

*"there was nowhere to hide and no room to be half-hearted; I feel truly blessed to have worked with you"*

*"I have more clarity and energy in my life"*



[www.adambarley.com](http://www.adambarley.com)