



# Right Here, Right Now

with Adam Barley  
a 5Rhythms® workshop

November 12-14, 2010

Mill Valley, California

The Moving Center School  
5 RHYTHMS MOVEMENT PRACTICES  
www.MovingCenterSchool.com 415-388-0431 info@MovingCenterSchool.com

# Right Here, Right Now

The 5Rhythms is a radical and vibrant meditation that takes you all the way out to your edge, and drops you into your center.

Chaos seems to be our global rhythm these days, and this practice teaches us how to keep our balance inside of it, how to keep our sense of ground when everything's changing.

This workshop gives you practical tools for your life, to trust times of not knowing, and to be true to yourself while staying open and real with those around you. We learn how to ride the edge of ourselves with a gentle fierceness, to let go of the past and future, and stay present to what is happening right here, right now.

**Friday, Saturday, Sunday  
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\$250**

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About Adam Barley:

Adam has been teaching the 5Rhythms in England and throughout Europe since 1994, and spent 5 years mentoring with Gabrielle to teach the Heartbeat map.

“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.”

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