

gabrielle roth's 5rhythms®

moving into focus



with adam barley

sante fe may 28-30

moving into focus

The 5Rhythms® are a vibrant movement meditation that gets you out of your head and into your feet, hips and heart; a spiritual practice that's rooted in the body. Whether you're into hip-hop, Beethoven, Buddha or Wii, the rhythms are a map to your own self and the way your energy naturally moves and expresses itself.

The bottom line of the 5Rhythms practice is the freedom to move the way you feel. In itself this is a huge step, but there's more. The next step is to work with the rhythms as a discipline, which opens up the potential to go into landscapes we are not yet aware of. Discipline - to be a disciple of something - and here, our focus is to be a disciple of our own dance, using the rhythms as our road map to guide us through the times when we lose our way, which is a natural part of all creative process. It gives us a whole new level of freedom, to take on the places where we're unconscious, to know that we don't know, to break through into radical aliveness and find new depths of our power and beauty.

*"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"
"subtle, powerful teaching"*



Fri. 7-10, Sat 2-8, Sun 10-1.15

@ The Railyard, Sante Fe, NM

\$165 / Fri only \$30

scholarships/crew places available

\$50 discount if you book this along with Sara Pagano's workshop "Like a River"!

For more information contact Caryn Spain:

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To book your place contact Kathleen Fallon:

renegademom3@msn.com 505.603.9435

Adam trained to teach the rhythms in '94, and had a later period of five years mentoring with Gabrielle to teach Heartbeat. *"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 shows up on the dance floor."*

See website for international program of events:



www.adambarley.com