



RIGHT HERE, RIGHT NOW

Gabrielle Roth's 5Rhythms®

a movement meditation

with Adam Barley, UK

Luxembourg

23(eve), 24, 25 April 2010

RIGHT HERE, RIGHT NOW

The 5Rhythms® are a radical and vibrant meditation that takes you all the way out to your edge, and drops you into your center. Change is sweeping through us globally, culturally, and for most us personally, 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.

Adam trained to teach the rhythms in '94, had a later period of five years mentoring with Gabrielle, and is in on-going continued study for further development of his work. *"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."*

"Exquisite, fine, powerful teaching"

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

"I have more clarity and energy in my life" - previous participants

- Where: Hall sportif du LTC, 106,
Avenue Pasteur Limpertsberg, Luxbg-Ville
- When: Apr 23: 19.30-22hr, 24: 11-18, 25: 11-17
- Cost: €195, or €155 if you book before March 25th
- Info: If you want to know more, do contact Claire at
move4yourself@yahoo.fr / 00352 26350083
or see www.adambarley.com
- To book: pay the fee to Claire Hilger at the bank-account:
CCPL LU59 1111 0670 8356 0000,
BIC CODE CCPLLULL with the mention
"5R Workshop Adam Barley" followed by your
entire name, then please contact Claire to let her
know you've booked.

5 RHYTHMS®



WWW.ADAMBARLEY.COM

