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# Openings



gabrielle roth's 5 rhythms®  
a springtime heartbeat workshop  
with adam barley  
22-23 may  
nottingham, uk

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This workshop is based on Gabrielle Roth's 5 Rhythms® movement practice, a catalytic meditation to free up your body, open your heart and empty your mind, leaving space for the real you to happen.

This is a 'Heartbeat' session, so we'll be exploring how to embody, express and release emotional energy through the rhythms. You need experience of the 5 Rhythms practice to take part: you should have some ability to maintain physical fluidity and freedom as a foundation to work from. Call Jo if you're not sure.

Sometimes feelings can be really full on, and we will go there if that's what comes up, but our focus will be the gentle tender new growth of feeling that comes when something's new. In this way our feelings are not what we think they are: fear comes in as a light electric awakening of consciousness, anger is a steady purposeful will-power, sadness is a gentle release and cleansing, joy is an almost unbearable lightness of being, and compassion is the silent stillness behind everything we feel. Our practice will be to learn from these fundamental emotional energies as meditation in action.

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: Central Nottingham

When: May 22nd 11 - 6, 23rd 11 - 5

Cost: £110, or £95 if booked by Apr 21st

To book: contact Jo at [jokatywood@ntlworld.com](mailto:jokatywood@ntlworld.com)  
or 0780 663 4782

*"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)