

A 5Rhythms® journey with Adam Barley



A series of Monday evenings, a whole Sunday, dance, music, space, each other, with the intention to spring into growth and creative action.

There will be a particular focus on finding your own growing edge both in your movement and your life, and learning how to use the rhythms maps in ways that are specific to your place and direction. Let's do it!

Where: The Space, Stroud
When: April 19 - May 24 (7.30-10pm), May 9 (11-6)
How much: £125
To book: contact spring@adambarley.com / 075 0045 4085
Info: www.adambarley.com

"...the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom."

Anais Nin