



You, Me, & Us

gabrielle roth's 5 rhythms®
with adam barley
march 25 - 27
palma de mallorca

You, Me, & Us

The 5Rhythms® are a radical and vibrant movement meditation, a powerful toolkit for change and growth that takes you all the way out to your edge, and drops you into your center. In this workshop we use the rhythms to study the fundamentals of relationship – how to be with yourself, someone else, and a group.

Can you be at peace in your own company, or are you on edge, needing someone else's attention? When you're with someone else do you usually lead, follow or jam it? Act nice or stay in control at all costs? Can you trust yourself enough to open up and be vulnerable with others? When you're in a group of people do you hide out or barge in? How do you find your place and fill your role? Do you know how to change things when you want to?

The 5 Rhythms are in the end a pathway to love, from love, with love. The body tells the truth, so we get to see what we're up to, but being physical is also the fastest way to let go, move on and explore new pathways. And the wonderful thing about it is, you don't have to think too much about it.

Move, breathe, pay attention, and be open to changing. It's enough.

"I healed some very deep stuff that I'd been carrying around for years."

"thankyou for such a beautiful, clear, challenging and safe space"

"exquistite, fine, powerful teaching"

Fri 19-22, Sat 11-18, Sun 10-16

€150

@Zunray, C/Brondo 6, Palma, Mallorca

To book or for info contact us at 971 57 44 55

info@zunray.com or see www.zunray.com



5 R H Y T H M S®

Adam has been studying healing and meditation since the early 80s, and teaching the rhythms since '93.

"My teaching style is clear, high energy, and I hope inspiring. I'm a rock and roll monk, dedicated father, endless seeker, a take-no-prisoners big cat who's 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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