

5 Rhythms Zoom classes



The sessions will begin with a time for stretching and preparing yourself for the 5 Rhythms Wave. There will be some basic teaching at each session. You will have the opportunity to deepen your sense of rooting, presence, embodiment, and breath, some of the ingredients of resilience and well-being.

You will have the opportunity in each session to tune in with your natural essential dance as it turns up on the day. This can be at times deeply moving, catalytic, transforming and very ordinary.

Dates 2022: April 19/26; May 3/10/17/24/31; June 7/14/21/28

Time: 10.00-11.30am Zoom room will open at 10am for stretching and we will start each class at 10.25am

Cost: €10 per class or €100 (11 classes for price of 10) if paid in full at start. Classes can be taken as a drop in or as a series.

To book: By Pay Pal on www.embodiedbrain.ie

If you are interested contact Róisín at roisin@embodiedbrain.ie to be included on the zoom invite.