

5 Rhythms Dance Classes



With

Caitríona Nic Ghiollaphádraig

In Ellis Hall Letterfrack

Starting Wednesday September 28th @ 11am

5 Rhythms is an easy and enjoyable dance practice that encourages our physical and emotional wellbeing. It is a very important way for all to connect in an atmosphere sprinkled with lots of fun and humour.

"I have learned a lot about myself in a fun and non-judgemental way"

"These classes have helped me meet people and feel part of this community"

"I love turning up each Wednesday and know I will feel better at the end of each class."

Cost €5

Enjoy a cuppa afterwards

Wear loose clothing and light indoor footwear.

Everyone welcome

Supported by Forum and Galway Sports Partnership with Caitríona Nic Ghiollaphádraig

For More information Call 087 9633970