

# 5 Rhythms Dance Classes



**With**

Caitríona Nic Ghiollaphádraig

In Ellis Hall Letterfrack

Starting Wednesday January 25<sup>th</sup> to 5<sup>th</sup> April @ 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 €8

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 1319210