

5 Rhythms Dance Classes



With

Caitriona Nic Ghiollaphádraig

In Ellis Hall Letterfrack

Starting Wednesday October 4th to 13th December 2023 @ 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 Caitriona Nic Ghiollaphádraig

For More information Call 087 1319210