

5 Rhythms Dance Classes



With

Caitríona 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 Caitríona Nic Ghiollaphádraig

For More information please contact Ann on 095 41116