

5 Rhythms Dance Classes



With

Caitríona Nic Ghiollaphádraig

In Ellis Hall Letterfrack

Each Wednesday from 25th September to 18th December

11am to 12pm

Stay for a cuppa and chat in The Wild Goat Café afterwards!

Everyone welcome

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 €8.00

Wear loose clothing and light indoor footwear & bring water

Supported by Forum and DCEDIY with Caitríona Nic Ghiollaphádraig



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