

# 5 Rhythms Dance Classes



With

Caitríona Nic Ghiollaphádraig

in the Ellis Hall Letterfrack

Each Wednesday from 22<sup>nd</sup> January to 16<sup>th</sup> April 2025

11am to 12noon

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 Caitriona Nic Ghiollaphádraig



Rialtas na hÉireann  
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