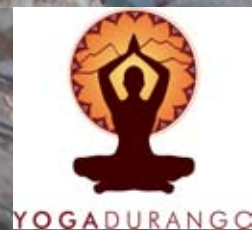


ROOTS

A 5Rhythms Waves DANCE Shop with
Visudha de los Santos

"It takes discipline to become a
free spirit"
Gabrielle Roth

Friday, December 3rd, 7:30-9:30
Saturday, December 4th, 10-5
Sunday, December 5th 11-4
Durango, Co - Yoga Durango
1140-A Main Ave



Cost: \$175, or \$150 paid before Nov. 15th
Friday Night Only option \$20

To register : email inspire@breatheloveproductions.org
Or call Elizabeth Shephard at 405.714.7662
Scholarship available

The 5Rhythms Movement Meditation practice offers us a way to find FREEDOM and peace within. Drawing upon sacred traditions, the rhythms are a powerful and deceptively simple way to transform our self. Breath, Movement, the "Wave", and the 5Rhythms of flow, staccato, chaos, lyrical, & stillness are the roots of this practice. By deepening these roots we will cultivate greater awareness. By listening to, and moving our bodies, we expand our body vocabulary, and come into the fullest manifestation of our essential self.

Cultivating deep roots, the 5Rhythms offer us access to the infinite source of wisdom within, and thus strengthening our own sense of freedom.

www.moveandbemoved.net