



5Rhythms dance with gillian

A new monthly class East Lothian
(last Sunday of the month)

*Move your body & free your mind
a liberating and energising movement practice*

Sunday 10.30am - 12.00 noon
(starts 25th Feb & 24th March)
Tynninghame Village Hall, nr Dunbar

A liberating and energising movement practice that is designed to release the dancer that lives in everybody, no matter what your age, shape or ability. There are no steps to learn, just a willingness to listen to your body, let the music in and follow the movement that emerges, as we dance through a 5Rhythms Wave of Energy.

Cost £15 per class

Venue: Tynninghame Village Hall EH42 1XL

For more info contact Gillian@creativemoves.plus.com

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