



5 Rhythms with Sarah Blagg

Ensoleillé

**Centre Wakefield
Quebec
June 21-23 2024**

Art by Sarah Blagg





5RHYTHMS®

Ensoleillé

Summer Solstice Waves level workshop

A time to honour the sun & the sun's cycles inside of us through dance.

A reminder of what nourishes and lifts each of us up. Life may bring change that may not be our choice or at a slower pace than we feel is really needed.

The dancer inside of us follows the simplicity of movement, breath that rekindles our hearts & spirits. Dance weaves magic that strengthens & brings more balance, faith & trust.

Beginners & dance lovers Welcome. Bienvenue!

5Rhythms are a **simple** yet **profound** map.

No experience necessary, just a willingness to move.

Centre Wakefield,

38 Chemin de la Vallée. J0X 3G0 Quebec.

**Fri 21 June 6.45-9pm, Sat 22 June 10.30-5pm &
Sunday 10.30-4.30pm**

Sarah Blagg is a qualified & experienced 5Rhythms Teacher She has offered classes & workshops over 15 years. Sarah is also an Open Floor Movement Teacher, Yoga Instructor & runs support circles for girls. Raised in Quebec & Ottawa. Lives in England.

To reach Sarah: dancetherhythms@gmail.com

5Rhythms weekend: Early booking by April 1st is \$260, after this **Cost:** \$290, just Friday night cost \$40

To book contact Sarah Monica at

be.dance@live.ca

Ecstatic Dance Ottawa Telephone: 613-853-1148

