

FIVE RHYTHMS WORKSHOPS

with Ruth Hirst Accredited 5Rhythms Teacher

**Saturday 28 September 14.30-17.30 and
Saturday 14 December 14.30-17.30**



We are all born movers. How often do you hear some music, and before you know it, the music has lured you in movement, without you realising it?

A finger tapping, your hips swaying. There is a dance inside each and every one of us that is uniquely our own, waiting to be expressed. So whether you are a first timer, or a passionate dance addict, come let's dance! You can't get this practice wrong – it's your way of moving in the moment.

Cost per workshop: £30

**The Letchworth Centre for Healthy Living
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