

# Spiritweaves™: This Breath

Thursday September 22<sup>nd</sup>, 7pm-9pm

\$ 25 advance price before Sept. 8<sup>th</sup> / \$ 30 after

Pre-registration recommended as we have limited spaces

A guided movement journey through the awareness practices of the 5Rhythms® and Soul Motion™. We will cultivate a place where we allow our bodies to breathe and invite aliveness and vitality into all parts of our bodies and our lives. We will take refuge in our breath and allow it to move us. With the help of our breath and our movement we can learn how to expand our awareness of ourselves and our world. We will build our tolerance of being present in our body while keeping our hearts open. 5Rhythms and Soul Motion are two conscious movement practices where we listen to the wisdom of our own bodies and find ways towards healing through expressing the fullness of ourselves. No previous 5Rhythms or Soul Motion experience is required. All you need is willingness, curiosity, and a desire to move and be moved.



## Led by Anneli and Michael.

**Michael** reaches through dance rather than teaches to dance. After receiving a bachelor of fine arts degree from UCLA he performed and choreographed in companies both nationally and internationally for 15 years. He met Gabrielle Roth early in 1994. Later that year, at the request of Gabrielle, he began teaching the 5rhythms.

**Anneli** is living her dream of inspiring people to discover the forgotten language of their souls through the permission to embrace their sacredness and truth in movement. She experienced the 5rhythms for the first time in 1998 and instantly knew that this was her life and her passion. She received Gabrielle's blessings to be a certified 5rhythms teacher waves level in April 2005.

Call 310.559.7200 to Reserve your Space!

