

Still Moving

5Rhythm® Dance & Yoga Winter Treat
@ Mana Retreat, Coromandel
August 6-8, 2010

The darkest time of the year invites us to come together into a dance of Stillness, a meditation of the subtleness of movement that can be found by following the map of the 5 Rhythms®.

Dance, breath, sound it all comes together to take us to a place of rest, nurturing and regeneration in the depth of winter. With curiosity, openness, acceptance and love you can enter a deeply transformative, healing and regenerating space for your whole body and being.

You will discover new dimensions in 5 Rhythm® dance by engaging in skilfully taught Yoga Asanas, that will deepen your experience of movement and being in your body joyfully.

Christina and Neal both work from a place of finding effortless and ease in movement and dance. Rather than pushing for a result they are interested in creating the circumstances for body, mind and heart to open and expand at their own time. Some extraordinary events have emerged from their collaboration and they are both looking forward to another special time with special people at the beautiful Mana Retreat.

Over the weekend you will be spoiled with delicious vegetarian gourmet food, warm up in the sauna, loosen up with Yoga and gentle bodywork and lift your spirit in sacred places. This is a special event to take care of yourself and give deep nurturing to your Soul.

Book now and mark a breathing space in the middle of the year...

Course fee \$395

This includes your accommodation, Friday dinner and all meals. Please enquire at Mana for the availability of single occupancy rooms - a surcharge applies

Course times

Starts Friday 6 August at 6 pm with dinner
Ends Sunday 8 August at 3 pm

Contact Mana to book: 07 866 8972

be@manaretreat.com

or Christina for info on 09 817 2601

pixiegrooves@yahoo.com



5 Rhythm® Dance, Christina Demmler

(Pgrad Cert.HSc.
Expressive Therapies)

Christina trained with
Gabrielle Roth in the USA

and became a 5Rhythm® Dance teacher in 1994. She has taught 5Rhythm Dance in New Zealand, Australia and Europe. She has a Diploma in Massage and Post Grad Cert in Expressive Therapies. In 2009 she completed the Movement Therapy training at the 5 Rhythm Centre for Therapeutic Studies in California. Through many years of working with ceremonies, ritual and dance Christina is adept at creating a safe and sacred space.



Yoga Neal Ghoshal

Neal is a qualified yoga teacher and has been practicing yoga for 12 years. He is passionate

about practicing yoga as a tool for experiencing freedom and peace in our lives and his approach has been inspired by Donna Farhi. Neal is a Senior Associate Teacher with Donna Farhi.