

Northern Summer

Moving Essence 5Rhythms®

Weekly Classes

Tuesday & Sundays

28 Jan – 27 Mar 2018

Preston City Hall

84 Gower Street, Preston

Tuesday Tsunami &
Sunday Sweat
REPLACEMENT
SUMMER VENUE !



This image of Meredith caressing the historic floorboards of St Brigid's goes back to 2006 when we moved our weekly 5Rhythms class to a Tuesday. For more than 10 years, the Tuesday night dance has been a ritual for many dancers and the floorboards of this 120-year-old hall have held so much for all of us. They are also tired, worn out and can be polished no more.

This December, renovation work commences to replace the floor. So without our 'home', Moving Essence is heading north for the summer - to an equally gorgeous venue. We hope you will continue your weekly Tuesday night dance routine, travel north and join us.

When renovations are complete, we will return to St B's, but until then, for all of first term, we will be holding classes in a new venue. Right near Preston Market, the Preston City Hall is a spacious venue with high ceilings and a beautiful floor. With ample after hours parking at the Market, the hall is close to Preston Train Station, trams and great food options. It is a great summer dance location.

Tuesday Tsunami

7.00 – 9.00pm. 30 Jan – 27 Mar
(10 consecutive Tuesdays)

Our 'original' format is **one** open, fun-loving and welcoming space for first timers and regulars. Beginning with a 45 minute warm up dance, to arrive and let go of your day, the teacher then brings the group together to introduce the class and a second facilitated 'Wave' follows. Doors open 7pm and no late entries after 7:30pm.

View calendar & learn more at www.movingessence.com
or connect at Moving Essence Facebook Page. Phone 0409 992 656
Email us: 5Rhythms@movingessence.com

Sunday Sweats at Preston

10am – 12pm. Starts Sunday 28th Jan

MOST Sundays, check dates. Preston Sweats will complement the monthly Abbotsford Convent Sweat.

The more you sweat, the more you pray. The more you pray, the closer you come to ecstasy.

Gabrielle Roth

Sunday Sweats are music-only, un-facilitated, 2 x 1 hour 5Rhythms Waves - the second often with a deeper intention or 'theme'. It helps to have been to a 5Rhythms class before but it's not essential.

COST

Both classes **\$20**: Cash or card on the door.

No bookings required.

WHEN

EVERY Tuesday from Jan 30th & MOST Sundays from Jan 28th until March 27th 2018.

Check website calendar for Sundays.

WHERE

Preston City Hall, 284 Gower Street, Preston

