

5Rhythms®



*An ecstatic meditation practice
where movement is our medicine.
To embody your dance is to feel
yourself at your most deliciously
fluid and creatively free level.*

MULLUMBIMBY

Thurs 7-9pm St John's School

LISMORE

Wed's 7-9pm St Andrews Parish Hall, Zadoc St

*Drop In Classes. EveryBody is Welcome! All you need is
a beating heart, breathing body and willingness to move.*

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Geash Bowler is a passionate accredited
5Rhythms® and yoga teacher. Called by
the medicine of movement she dances
to embody and integrate freedom.