

# 5Rhythms® Shadow & Light Retreat Series 2018

with Sherron St Clair  
Wicklow, Ireland.

Jan 26 - 28

Mar 23 - 25

May 25 - 27

Sept 14 - 16

Nov 9 - 11

Stand-alone-residential workshops or sign up for the whole series



Slí na Bandé  
Kilmurry  
Newtownmountkenedy  
Co. Wicklow  
A63 DD78  
Ireland

€50 Deposit (non refundable)  
secures your place.

Rooms are shared.

A limited supply of  
single rooms are  
available at an extra cost.

Book early to avoid  
disappointment.

### Bookings & further info

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# 5Rhythms® Shadow & Light 2018

**Have you ever tried to out-smart your shadow?  
It follows you every which way you go.**

**That's because it's a part of you. Through the  
5Rhythms map, flowing, staccato, chaos, lyrical and  
stillness, we shall explore the shadows, inertia,  
tension, confusion, space out and numbness.**

**Slí na Bandé is a beautiful space which will support,  
nourish and nurture us while we work, rest and play  
exploring these rhythms. Giving us permission to  
experience ourselves in our magnificent totality -  
without feelings of shame or guilt or inadequacy.**

**Everybody is welcome.  
A safe space is waiting for you.**



## Cost

Full Price €350

Concessions €300

€1350 Series (must be paid in full)

Includes tuition, food,  
accommodation & nature.

## Arrival

Fri from 3PM  
5PM Light meal  
7 - 10PM 5Rhythms

Sat 10 - 6PM  
Sun 10 - 5PM



**I am passionate about dance, music, natural foods/medicines, gardening and nature. I began practicing the 5Rhythms in 2006, it changed my world. I started my own authentic movement & dance practice 2009. 2014 qualified as 5Rhythms teacher. I am mother to 4 amazing sons. I make my living as a 5Rhythms teacher, also I work as a therapist, practicing reflexology, massage & giving dietary advice. This practice continues to transform my life. 5Rhythms ROCKS! Come & Be Moved...**

