

# ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

## 5 RHYTHMS WITH EMMA LEECH!

The 5 rhythms are **flowing, staccato, chaos, lyrical and stillness**. We move with these rhythms in sequence which is called a Wave. The 5 rhythms are a structured yet free style form of movement expression rooted in the body, connecting the heart and stilling the mind.

There are no steps to learn, only the freedom and discipline to follow the articulation of our own body as it feels each rhythm, helping us to become more fluid, inspired and grounded in the dance.

This class 'wave' is the first level of the 5 rhythms work and is open to all levels and experience, no dance background is needed.



[www.emmadance.co.uk](http://www.emmadance.co.uk)  
[emmaldance5@aol.com](mailto:emmaldance5@aol.com)

Emma has been teaching since 2001 and dancing the 5 rhythms since 1991. Emma teaches with passion and sensitivity and humour, she has a down to earth attitude which comes from her work with marginalised and vulnerable communities (prisons and Kidscompany) that keep her feet firmly on the ground! Emma reaches out to a diverse range of people which adds to her depth and incite as a teacher.

**SATURDAYS,**

**25<sup>TH</sup> APRIL, 30<sup>TH</sup> MAY, 4<sup>TH</sup> JULY, 26<sup>TH</sup> SEPTEMBER, 31<sup>ST</sup> OCTOBER,**

**& 5<sup>TH</sup> DECEMBER 2009**

**7:30PM – 9:30PM**

UNIT 101, STABLES MARKET, CHALK FARM ROAD, LONDON NW1 8AH

[WWW.ALCHEMYTHECENTRE.CO.UK](http://WWW.ALCHEMYTHECENTRE.CO.UK)

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