

DANCE & DETOX

w e e k e n d

Join us for a weekend of 5 Rhythms™ ecstatic dancing and living foods — an opportunity for a deeply healing emotional cleanse.

Using breath and rhythm to unify body, mind and soul we return to center. We are divine, alive, aware, free and in our power. The dance is designed, whatever your shape, size, or experience, to release the dancer within.

Follow your own impulse to move. No steps to learn and you go at your own pace. Ecstatic, profound and fun. Let your body move and be open to what happens next...

Food is our living fuel. Your journey will be supported by tasty, nutritious and nurturing living foods.



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AND DETOX

Sept. 15-17th
Investment: \$295

Facilitated by Deva Nandan, accredited 5 Rhythms™ teacher and Paul Benhaim, Living Lifestyle Coach.

Location: A 200 acre forest sanctuary close to Byron Bay (above Mullumbimby), backing on to a national park with views of Wollumbin (Mt. Warning) and the ocean.

BOOK NOW:
02.6685.6449 P
0431.035.271 M

www.alivefoods.com