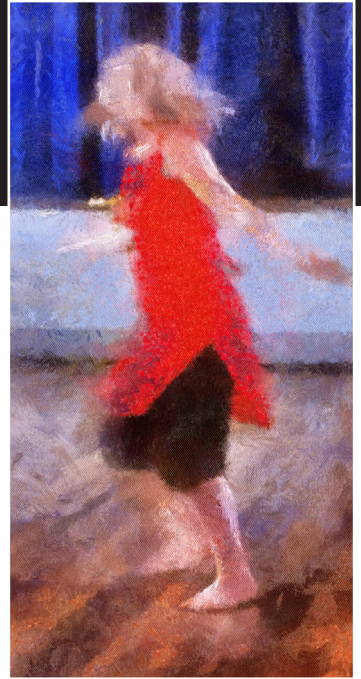




5 RHYTHMS®

Dance Awake!

A weekly journey
in 5 Rhythms with
Jean Rankin



On Monday nights,
come to the heart of
Glastonbury and
dance a wave of
flowing,
staccato,
chaos,
lyrical
and
stillness.

A workout for body,
heart, mind, spirit
and soul – with
no special
skills required:
just a willingness
to ***move*** and
be moved.

EVERY MONDAY
(except bank holidays)
7.30 pm – 10.00 pm
Glastonbury Town Hall

Cost: £10 (concessions: £8
for under 18s and benefit or
pension claimants)

Dress in comfortable layers,
bare feet or in soft shoes,
and be prepared to sweat!

Go to www.jeanrankin.co.uk for more details