

# Simply Lyrical



## A 5 Rhythms Weekend Workshop with Barbara Sellars

**November 12th (10.30 am– 5.00 pm) - 13th (10.30 am–4.00 pm)  
(plus 'Waves' eve on Nov 11th)  
The Gillis Centre, 100 Strathearn Road, Edinburgh EH9 1BB**

In the Rhythm of Lyrical we enter the realm of the creative, multifaceted soul dancer;  
the shapeshifter: light, effortless, artful.

In this weekend of dance we'll be finding our way into the lyrical side of our being,  
entering the trance of the dance to take us deeper and empty us out into the unique  
expression of the soulful self, where stories and dreams move through us  
as easily as our breath.

Come and discover the poetry and spontaneous creativity of your dancing self, find the  
whisper of magic in your fingertips and the frisson of freedom on your skin.

**Cost: Weekend only- £100 (£85 if booked by Oct 22nd)  
Weekend plus Waves eve £105 (£90 if booked by Oct 22nd)  
Waves only: £10**

**To book: £50 non-refundable deposit payable to 'Peacocks Tail' and send to  
Barbara Sellars, 60 Dumgoyne Ave., Milngavie, G62 7NX  
Contact: [barbara@peacocks-tail.co.uk](mailto:barbara@peacocks-tail.co.uk) , 0141 5877573**

*Barbara has been dancing the Rhythms for 17 years and is an accredited 5 Rhythms  
teacher. She has been teaching classes and workshops using  
dance and other expressive arts as pathways to Soul since 1997.  
Her passion for dance and music has been lifelong.*