

Frequently Asked Questions

Q. Do I need experience or some minimum level of fitness?

A. No experience or level of fitness is required to begin your 5Rhythms practice

Q. I have/had an injury. Can I still do 5Rhythms?

A. The 5Rhythms is a simple and flexible practice that can be experienced by anyone regardless of their physical limitations. Because there is no specific “routine” to follow you will be able to participate at your own pace, within your own capacity to move.

Q. What happens in a 5Rhythms class or workshop?

A. While every class / workshop is different, each class / workshop will provide basic instruction in the 5Rhythms, whether that is the full Wave (the 5Rhythms in sequence) or focusing on one or another of the rhythms and its energies. There will be a warm-up period (often uninstructed but may include facilitation), a teaching, and exercises for exploring the teaching. I may use a variety of different kinds of music, or no music at all, to support embodying the rhythms. There may be a combination of individual, partnered, and group work. Some classes / workshops are more structured than others but all of my classes / workshops provide the opportunity to be moved by and with the 5Rhythms.

Q. What do I need to bring to a 5Rhythms class / workshop?

A. I suggest that you dress comfortably in clothing that you don't mind sweating in and allows you a full range of motion. You may want to bring something warm so you don't get cold, and/or a small towel to dry off with. We dance bare-footed or in light-soled dance shoes (athletic shoes/trainers are not allowed on the dance floor). Bring a bottle of water and your curiosity. That's all you need.

Q. What if I'm REALLY terrified?

A. First of all remember that right on the other side of that terror there's excitement. Take to heart that the 5Rhythms practice has the room for you to move with however you're feeling. There's nothing to get right and you can't get it wrong either, so there is nothing for you to “do” except move in whatever way feels right in the moment. You will not be the first person to be so terrified that you just barely made it over the threshold of the door. Once in the room I am going to encourage you to move to your full potential and I will also give you the space to move into your potential from wherever you are. You can always call or email me and communicate with me about your concerns.

Q. How much does it cost?

A. My classes / workshops cost what an average yoga class / workshop would cost. Check my individual class and workshop listings for the specific cost of the classes / workshops you are interested in attending.

Q. I want to find out more information and practice on my own, how do I do that?

A. For more information explore the resources section of my website:

www.mydancemovement.com