

# 5Rhythms

Task 1.

Look at the picture of Gabrielle Roth and try to guess the following information:



1. What nationality was she?
2. Where did she live?
3. What was her job?
4. What was she interested in?
5. What was she like as a person?

Task 2.

Read the lines in column A and B below and match them together so as to make sentences.

A	B
1. <b>5Rhythms</b> is a movement meditation practice	A. and transpersonal psychology
2. It draws from indigenous and world traditions	B. everything is energy, and moves in waves, patterns and rhythms
3. It also draws from Gestalt therapy, the human potential movement	C. using elements of shamanistic, ecstatic, mystical and eastern philosophy.
4. Fundamental to the practice is the idea that	D. devised by Gabrielle Roth in the late 1970s
5. Roth describes the practice as a soul journey, and says that	E. about an hour to dance.
6. The practice of the five rhythms is said by Gabrielle Roth to	F. put the body in motion in order to still the mind.
7. The five rhythms (in order) are	G. flowing, staccato, chaos, lyrical, and stillness.
8. The five rhythms, when danced in sequence,	H. by moving the body, releasing the heart, and freeing the mind, one can connect to the essence of the soul
9. A typical Wave takes	I. are known as a "Wave."

## Task 3.

Read the text below and decide on if you would like to meet Gabrielle Roth. Why?



### **Gabrielle Roth**

(February 4, 1941 – October 22, 2012) was

an American dancer and musician in the world music and trance dance genres, with a special interest in shamanism. She created the 5Rhythms approach to movement in the late 1970s; there are

now hundreds of 5Rhythms teachers worldwide who use her approach in their work. Roth worked at the Kripalu Center for Yoga & Health and at the Omega Institute for Holistic Studies. She also founded an experimental theatre company in New York, and wrote three books, created over twenty albums of trance dance music with her band The Mirrors, and directed or has been the subject of ten videos.

**PHOTOCOPIABLE**

<http://naukabezgranic.pl/>

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## Teachers' Notes

Here is more information on 5Rhythms. Please also have a look at <http://en.wikipedia.org/wiki/5Rhythms>

**5Rhythms** is a movement meditation practice devised by Gabrielle Roth in the late 1970s. It draws from indigenous and world traditions using tenets of shamanistic, ecstatic, mystical and eastern philosophy. It also draws from Gestalt therapy, the human potential movement and transpersonal psychology. Fundamental to the practice is the idea that everything is energy, and moves in waves, patterns and rhythms.

Roth describes the practice as a soul journey, and says that by moving the body, releasing the heart, and freeing the mind, one can connect to the essence of the soul, the source of inspiration in which an individual has unlimited possibility and potential.

The practice of the five rhythms is said by Gabrielle Roth to put the body in motion in order to still the mind. The five rhythms (in order) are flowing, staccato, chaos, lyrical, and stillness. The five rhythms, when danced in sequence, are known as a "Wave." A typical Wave takes about an hour to dance. Longer workshops may, according to *The Dancing Path*, explore emotion, the cycle of life, the ego, relationships and spiritual vision