

A drum set is the central focus, set against a backdrop of large, abstract wall art in shades of green, yellow, and black. The drum set includes a large silver cymbal, several red cymbals, and a red snare drum with a 'FIRE' logo. The lighting is dramatic, with red and green hues.

5 RHYTHMS WITH LIVE MUSIC
HEARTBEAT

With Alex Mackay & Joseph Caswell

LIMERICK
OCTOBER 14th - 15th 2017

The Heartbeat map charts how our emotions move through us, helping us navigate and investigate the many shapes of Fear, Anger, Sadness and Compassion. Our capacity to inhabit our deep, loving selves expands as we plunge into this moment of exploration. Bold and vulnerable, broken yet strong, our hearts allow us to dance into our wholeness as we transform old emotions into aliveness and prepare the way for Love.

HEARTBEAT

5 RHYTHMS WITH LIVE MUSIC

Alex Mackay is a dancer and artist, who is known for light and depth in her teaching, using few well-chosen words, and opening a sense of wonder. She is embodied, energetic and creative and loves to dance with the group. She is strongly connected to the birthplace of her teaching in Manchester and Liverpool, where community continues to spring from the 5Rhythms classes there, 20 years later. Gabrielle Roth called her Raven Sister

Joseph Caswell is a dazzling musician who has played music for 5Rhythms for many years on unique percussion rigs and instruments from all round the world. He has played for Gabrielle Roth and Jonathan Horan. Playing music professionally since the age of 13, he has also investigated ancient tunes and sounds and made instruments himself.

Alex and Joe are delighted to return to Limerick with a van full of instruments for Heartbeat. They live in the woods of West Wales with their rock'n'roll son and their feisty pixie daughter..

Times : Saturday 1 - 7 and Sunday 11 - 5

Venue : Limerick Dance Space, John's Square, Limerick City

Cost : €140 waged /€120 concession

Early Bird Rate : €100 if booked before July 31st

To book email Jenny Fahy 5rhythms@jennyfahy.com

or phone 003538631 23429

www.alexravensister.com

www.jennyfahy.com

www.5Rhythms.com

 5RHYTHMS