

Sweat Your Prayers



This is an invitation to dance to your heart's content and beyond, to dance the **5Rhythms**[®] as they organically come through you. Move to an array of sublime devotional chants and hot Dub Beats at the gorgeous Rosina Auditorium on the grounds of the Abbotsford Convent. Afterwards visit "Lentil as Anything" or the Convent Bakery.



There is plenty of parking on the north side of St. Helier's St. and in the parking lot opposite the Convent.

AUG 2 16 | SEP 6 20 27 | OCT 11
NOV 22 29 | DEC 13 20

We suggest a pre-requisite of two 5Rhythms Classes for a more full experience and participation of this event.

For more information contact Madhuma at
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