

Open to Life

with Tim Broughton and Jayne Blackman

January – December 2018



Jayne Blackman

My own life experiences have opened me to more and more of what I believe to be most important in life – love - in action (not an idealised romantic version) and living the fullest version of ourselves so that we don't die 'with our music still in us'. This takes courage and commitment but the rewards can be immense and whilst sometimes very challenging, I

would not choose any other way. I believe the world needs us all to wake up right now and not just for ourselves.

I have wide ranging experience working with groups - mixed groups and womens and in a variety of different contexts both personal development and business. I love to create and hold spaces for people to find more and more of their freedom. It makes my heart sing!

Jayne Blackman 07917 675 326 Email: jayne@opentolife.co.uk



Tim Broughton

I have been leading workshops for over 25 years for people who are interested in their personal growth and development as a way to transform their daily lives into one that is more loving, satisfying, harmonious and joyous. My work offers a creative and safe space within which to explore the essential themes of our lives, gradually healing our wounds and freeing ourselves from the ways we limit ourselves, so we can live our lives with increasing freedom and creativity, rooted in love and truth.

I have trained in individual counselling and therapeutic group work, that has included integrating the personal with the spiritual. I am deeply grateful for all I have experienced and learned through many years of personal work, supervision and friendship with Jill Hall. I studied and trained with Gabrielle Roth for over 20 years and have been teaching the 5Rhythms™ for the last 15 years or so.

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www.opentolife.co.uk



5Rhythms™ Dance

Spring & Summer Camps

Workshops & Events

Individual & Couples Counselling

Intimacy workshops

www.opentolife.co.uk



WAVES~5Rhythms™ Dance

led by Tim Broughton

A simple movement practice created by Gabrielle Roth to release the dancer that lives in every body - no matter what shape, size, age, limitations and experience. It is a relaxing, releasing workout for mind, body, and spirit.

Let go of your mind and let your body take you into your wildness, your tenderness, your joy - with yourself, with others. Come home to the ground of your being.

Somewhere in you the dancer is waiting, waiting to be recognised and given life in movement. All you need is yourself and your willingness to move and let the music touch you.

Evening Classes - 5Rhythms

Coddenham, Ipswich, Suffolk - Usually 2nd & 4th Wed eve of month 7.00pm-9.30pm

Kew, London - Friday evenings weekly 7.30pm-10.00pm

St Albans, Hertfordshire - Usually 2nd & 4th Mon eve of month 7.00pm-9.30pm

5Rhythms with Live Music @ Kew

Regular classes: 19 Jan, 23 Feb, 23 Mar, 20 Apr, 18 May, 15 Jun, 13 July, 21 Sept, 19 Oct, 16 Nov, 31 Dec (New Year' Eve)

Opening to Intimacy, Monkton Wyld Court, Bridport, Dorset

led by Tim Broughton

30 March – 2nd April 2018, Easter residential (fully catered)

12-14 October 2018 (fully catered)

This workshop provides the space to meet yourself, moment to moment and to meet with others from this place, with what is real, beyond the masks that we so often interact from and within.

The 5Rhythms dance is a beautiful way to shake down, turn in and turn on the aliveness within you. We will also spend time in the circle with the opportunity to share as much or as little of whatever is going on for you in the moment. So many people have said what a freedom this is and how relaxing, liberating and enlivening they have found it.

The weekend provides a safe space to break through and out of old patterns that block us from what we so long for in our lives - deep connection with ourselves, others and the world. There will be meditations, simple guided processes, and we will eat and hang out together.

There is so much life in you to be lived. Most of us live such a small amount of this life, like a flickering candle rather than a burning flame. Come and let your flame burn brighter!

Full fee: £395 (£365 if booked by 31 January for Easter workshop)

Full fee: £286 (£266 if booked by 25 August for October workshop)

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Field of Love 5Rhythms Camps, Dorset

26 May – 1 June 2018 – Spring Bank Holiday Camp

3 - 12 August 2018 – Summer Camp

led by Tim Broughton

Each day, 5Rhythms Dance, meditations, and a host of creative happenings designed to open us all, body heart and soul, to the gift of being, within ourselves and with each other. Every night, ecstatic celebrations of song and dance. Includes live music, song, poetry, sauna, hot tub. Co-creating community.

May full fee: £285 (£245 if booked by 4 April)

11-18 yrs £85, 4-10 yrs £65, under 4 yrs free

August full fee: £365 (£310 if booked by 2 May)

11-18 yrs £105, 4-10 yrs £85, under 4 yrs free

For each new person you introduce to the camp, you can claim a 10% discount – see website for details.

New Year's Eve Live Music @ Kew

Led by Tim Broughton

Sunday 31 December 2018 - 8.30pm – 1.00am

Doors will be locked at 9.30pm

You are warmly invited to come and dance your way into the New Year. Live music with Storme, Fran and Chris, Tim will also be DJing.

We will gather to dance our dance, marking the transition from one year to another. As we approach midnight we will gather for a simple ceremony.

Please bring a little food etc to share. Together we will make a simple feast. Whilst this is essentially an alcohol free evening, you are welcome to bring something to toast the New Year in if you wish.

No need to book in advance. Just turn up on the night. If you are coming we would welcome an email from you to say you are coming as this helps with our planning.

Venue: Kew Community Centre, St. Luke's Church, The Avenue, Kew, TW9 2AJ

Standard fee: £25 cash on the door.

£20 reduced fee - if in receipt of Benefits and paid for in advance by 19th December



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