

Open to Life

with Tim Broughton and Jayne Blackman
October 2016-October 2017



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. Jayne and I are currently studying with Diana and Michael Richardson, creators of The Making Love Retreat®, and we are now licensed teachers of this work.

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5Rhythms™ Dance
Spring & Summer Camps
Workshops & Events
Individual & Couples Counselling
Intimacy and Making Love

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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

Swanton Novers, Norfolk - Usually 1st Wed eve of month 7.00pm-9.30pm

5Rhythms with Live Music @ Kew

Regular classes: 18 Nov, 31 Dec

2017: 27 Jan, 3 & 24 Mar, 28 Apr, 19 May, 23 June, 21 July, 8 Sept, 13 Oct, 10 Nov

New Year's Eve Special @ Kew

8.30 - 1.00am 31 December, DJ and live music. Bring food to share.

The Making Love Retreat® for Couples, Residential

31 Oct – 6 Nov 2016 - Earth Spirit Centre, nr. Glastonbury

9 - 16 May 2017 – Southover House, nr. Dorchester

led by Jayne Blackman and Tim Broughton

In this seven day retreat, a couple is given a completely new insight into sex and its function within a relationship. Much of the unhappiness in relationship is linked to dissatisfaction with sex. When the real truth about sex is clarified, sex becomes a potentially healing force and not a disruptive one. Using guidance and inspiration from Diana and Michael Richardson, and with many years of personal exploration, Jayne and Tim guide couples into deeper connection with themselves and each other opening the doorway and possibility to transform sex into an empowering loving unifying force.

You may have hit some kind of block or difficulty in your relationship or you may be feeling good together but sense there is something more and you want to take your relationship deeper, to the next level. Couples come for a wide range of reasons.

Full fee: £1,110 (£1,040 booked by 18 July for October 2016 retreat)

Full fee: £1,110 (£1,040 booked by 16 February for May 2017 retreat)

Winter Conscious Sexuality Festival, Osho Leela

1 - 5 February 2017

This festival is a great opportunity for you to develop more awareness of who you are as a sensual and sexual being. There will be a choice of daily sessions and meditations, plus morning Yoga, one-to-one sessions, the Love Lounge, yurt sauna and more goodies. We are running workshops on the themes of intimacy and making love.

Tim is also teaching 5Rhythms Dance. Give yourself four days of Heaven on Earth!

For more details and to book a place visit: www.osholeela.uk

Transformation through Relationship - Workshop for Couples Valentine's Weekend – 11 & 12 February 2017

Led by Jayne Blackman and Tim Broughton

Through our own experience together, and witnessing many couples, we know that intimate relationship can profoundly serve our evolution and journey towards wholeness. When we approach its difficulties as opportunities and not problems (not always easy we know!), it offers us the chance to know ourselves and each other more deeply and to love and live more fully.

In this workshop, couples will be guided to deepen their connection to themselves (the first intimacy) and to each other. To meet each other afresh, become aware of habitual patterns that block their intimacy and discover new insights and ways of relating.

The workshop will include movement (dance, meditation), simple guided structures, time to share with each other and opportunity to share in circle with other couples present if they wish. There will be no nudity in the group room.

Southover is a beautiful manor house located in Tolpuddle, near Dorchester, Dorset, which borders Forestry Commission lands with excellent walking.

Full fee: £315 (£285 if booked by 2 December 2016)



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Making Music for 5Rhythms

8 & 9 April Two day workshop

With Tim Broughton, Chris Tero & Storme Watson

London - Venue and times to be announced

Imagine learning to make music to dance for! No experience of making music is necessary. You do need to have some experience of dancing 5Rhythms. We will learn as a group simple rhythmic patterns which when combined together will create the music for dancing the 5Rhythms. You will have the opportunity to experience dancing with a group of musicians! There will be a variety of drums and percussion instruments to work with.

Chris and Storme are talented musicians both of whom are experienced in playing and teaching percussion instruments. They have been making music for 5Rhythms at my Classes and Summer Camps for many years.

Full fee: £125 (£95 if booked by 6 March)

Opening to Intimacy, Norfolk

led by Tim Broughton and Jayne Blackman

14 - 17 April 2017, Easter residential – self catering

6 - 8 October 2017 – self catering

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 cook, 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: £325 (£295 if booked by 31 January for April workshop)

Full fee: £215 (£190 if booked by 25 July for October workshop)



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Dancing in the Woods. The Clearing, North Norfolk

3 June 2017 led by Tim Broughton

Dancing the Five Rhythms out in nature helps us literally *come down to earth*.

The Clearing, surrounded by beautiful woodland, provides a natural amphitheatre for exploring the Rhythms, and our ongoing healing with nature. Includes a big fire to gather around and a sauna. Please bring food to share. 1.00pm – 9.00pm.

Full fee: £60 (£50 if booked by 11 April)

Optional camping - fee: £10 per night

Field of Love 5Rhythms Camps, Dorset

25 - 29 May 2017 – Spring Bank Holiday Camp

4 - 13 August 2017 – 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: £215 (£185 if booked by 4 April)

11-18 yrs £55, 4-10 yrs £45, under 4 yrs free

August full fee: £355 (£295 if booked by 2 May)

11-18 yrs £95, 4-10 yrs £75, under 4 yrs free

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

Individual and couples work

Sometimes as we journey through life, we may want to take some time to reflect on or explore some aspect of our life. It may be something specific or it may be more general or wide ranging. Tim is available to see people for 1-1 sessions. He works with individuals and couples. Tim and Jayne also work together with couples.

We work from locations in London, St. Albans, Suffolk, and Norwich.



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