



5 RHYTHMS

Dance-Movement Class for Montefiore Associates

🕒 5:15 - 6:15pm, Mondays (monthly)

📍 CHAM 2, Room 1 | [View map here](#)

Moving through it...

5 Rhythms is a movement-based practice that offers a unique opportunity for physical and emotional release and healing. It is designed for people of all ages and physical abilities and is a lot of fun. It simply invites you to move freely to the sound and beat of five different rhythms. You don't have to know how to dance or even like to dance—all you must do is let yourself move.

Upcoming Dates

Join us in-person!

No registration required to attend.

For any questions, please contact:

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Presented by Montefiore Healing Arts Program and To Your Health! Associate Wellness

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