

# Gabrielle Roth's 5-Rhythms - Music, Dance and Therapy

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**Abstract:** *The reason for choosing this subject is the strong emotional impact that is experienced as a result of participating in Gabrielle Roth's 5-Rhythms dance therapy modules. Apart from the shamanic meditation included in Gabrielle's working that allows transcendental experiences, the combination music – movement is vital, the rhythms unleashing various emotions, controversy, creativity, and imagination. Through that unique dance oneself could be rediscovered and reinvented, recognizing its spiritual part that is was manifested only through faith. Therefore, this therapeutic dance opens infinite possibilities of motivation, knowledge and self-development. Gabrielle Roth's 5-Rhythms is a novelty dance therapy in the Romanian therapeutic spectrum, an experimental work with effects on the rebirth of the inner child and the unification of body, mind and soul.*

**Keywords:** *Gabrielle Roth, rhythm, music, dance, therapy*

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