

Abstract:

The goal of this B.A. thesis is to introduce the contemporary phenomenon of the Dance of the Five Rhythms, an intuitive meditative dance system founded by Gabrielle Roth, by means of the hermeneutic analysis of the primary sources written by the founder. The thesis presents its core characteristics and shows how they stem from the larger context of Alternative („New Age“) Spirituality.

Key words:

Gabrielle Roth, Five Rhythms, dance, Alternative Spirituality, New Age Spirituality