

Karen Chapman Biography
5Rhythms Teacher in Asheville, NC

I have a graduate degree in Art Therapy and a 5Rhythms Movement Certification. I live, work, play and teach 5Rhythms in Asheville, NC since 1998 to the present. I received my teachers certification in the 5Rhythms Global Movement Meditation Practice in 2016. I come from a family of Teachers, which has inspired me to become a lifelong learner. My favorite hobbies are creating art, listening to varieties of music, making musical waves, enjoying nature and animals, and enjoying gatherings with friends and family.

Being a certified teacher of the 5Rhythms Global Movement Meditation Practice, has been a very transformative and powerful experience for me. I am excited to be a part of a Global Teachers Community where I can share ideas, learn different teaching strategies and network with other teachers. I have learned to listen to the silence to see what unfolds and to trust my feet, to move and root myself into the 5Rhythms Global Movement Meditation Practice!

My email contact information is Chapman5Rhythms@gmail.com