

The Sheer Joy of Movement

You are invited to an exploration of positivity through Open Floor Mindful Movement Practice classes

With

Caitriona Nic Ghiollaphádraig



“Just as water lilies retract when sunlight fades, so do our minds when positivity fades” B. Fredrickson

Barbara Fredrickson developed a theory on positive emotions called the Broaden and Build Theory. The basis of this theory lies in the notion that positive emotions play an essential role in our survival. Positive emotions, e.g. joy, interest, and gratitude, promote new and creative actions, ideas, and social bonds. When we experience positive emotions, our minds broaden and they open us up to new possibilities and ideas. At the same time, positive emotions help us build the personal resources of well-being, - physical, intellectual, and emotional.

In this series of 6 classes we will explore through Open Floor Mindful Movement the following positive emotions – joy, gratitude, serenity, interest, hope, and inspiration.

Dates: Alternate Thursdays starting Jan 26th to 6th April

Time: 10.00 to 12.30

Venue: The Quay Community Centre, Westport, Co. Mayo.

Cost: €100 if paid in full by Jan 23rd or €20 per class

Booking: By Pay Pal on www.embodiedbrain.ie or cheque made payable to Deora Dé to Caitriona Nic Ghiollaphadraig, Finisglen, Recess, Connemara, Co. Galway

For further details email Caitriona at caitriona@embodiedbrain.ie