embodied presence/
embodied brain 6
an ongoing group focus in
compassion positivity & resilience
with Caitríona Nic Ghiollaphádraig

Venue:
Barbara Ward Clonliffe & Groke Park
Community Centre, 9 A Richmond Industrial Estate,
Distillery Road, Off Clonliffe Road
Dublin 3

Cost:
€1240.00 Non refundable deposit to secure a place
is €200.00. €130.00 payable at each module.

Prerequisites:
Participation by application only;
Experience of a Mindful Movement Practice essential.
Numbers limited so early booking advisable.

Contact Details:
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“Just thinking of you this evening and how you have touched my life for the better.
Thanks to you I have had the opportunity to learn about self compassion and discover
the work of Rick Hanson and Barbara Fredrickson. It has given me a sense of hope
and a reason to get out of bed in the mornings and slowly but surely to the beginning
of acceptance of who I am. Thanks” - Con

“Your warmth and candor, humility and humor carried a clear tone through the
morning and afternoon which I hope to one day emulate. You are indeed a student
and a master, a teacher and a lovely human being. In gratitude,” J.M

“As long as we’re rejecting ourselves and causing harm to our bodies and minds,
there’s no point in talking about loving and accepting others” - Thich Nhat Hanh
“two processes determine the quality of our experience; the actual events that happen to and around us, and the habits that convert these events into information, meaning and feeling.” Ron Kurtz

Action tendencies are how we organise our experience of life to help us make sense of the world around us and to navigate our way through it. These action tendencies are made up of beliefs, physical patterns of movement and emotional responses which create habits that are familiar and constant in our lives.

Some of these habitual beliefs are not “accurate” but we sense them as real and true because we tend to interpret events through the lens of these beliefs. These habits have great power over the quality of our daily lives as they tend to operate from outside our conscious awareness. Some of these habits cause us pain and stress yet, these habits are also available to be uncovered and changed.

The intention on this Embodied Presence/Embodied Brain course of study is:

- To encourage an awareness of your organisation of experience on the physical, mental and emotional and spiritual levels;
- To understand and befriend your experiences with unconditional warmth, openness, and kindness;
- To update the old unhelpful habits into new more healthy, positive and compassionate ways of living your life;
- To learn to lean into your vulnerability and chose gentle acceptance of yourself and others over harsh judgment.

A yearlong self-focussed study in Compassion, Positivity and Resilience using Open Floor Movement Practice, Interpersonal Neurobiology and Mindful Self-Compassion

With Caitriona Nic Ghìollaphádraig

Assistants: Carolyn Sinnott and Gail Ramsay-Radcliffe

Embodied Presence/Embodied Brain brings together elements of Open Floor Movement Practice, Mindful Self-Compassion and Interpersonal Neurobiology. Through the integration of these very distinct practices, course participants will undertake a focused study of Compassion, Positivity and Resilience leading them to an ‘Embodied Presence/Embodied Brain’.

The course will be taught using a combination of lectures, movement, sitting meditations and will involve homework and practice between modules.

Module 1: Resourcing:
Building resilience, courage, wisdom and safety

Module 2: Uncovering the habit:
Grounding; Expanding and contracting; brain basics

Module 3: Deeper exploration:
Attention and intention; kindness; memory

Module 4: Release:
Releasing rigidity in mind and body; coping with change; integration of opposites; attachment

Module 5: Choosing a fresh alternative:
Expanding and opening; broaden and build into positivity and creativity

Module 6: A new way of life:
Pausing; response flexibility; developing the ability to stop and pause before responding to a situation and bring self-compassion to the centre of our lives

Module 7: Completion and Celebration:
Bringing the learnings from each module together and celebrating our achievements

Module 8: Check in and check out:
Dissolving the group