

PAUSE a moment

A weekend of Open Floor Movement Meditation
and
Self Compassion Practice
with
Caitriona Nic Ghiollaphadraig



1 & 2
DECEMBER

ASHE HOUSE
NORTH CO. DUBLIN



www.embodiedbrain.ie



PAUSE a moment

You are invited to a mindful movement weekend workshop with Caitriona Nic Ghiollaphadraig to pause, reflect, still the body and quieten the mind

It is an opportunity to find the steady ground under our feet, to move with intuition and agility and to remember the stillness that resides inside of us if we turn our attention towards it.

We will use Open Floor Embodied Movement Practice to anchor us in the present and the wisdom of Self Compassion to find the still point within as we spend time in mindful movement and quiet sitting.

FOR BOOKING CONTACT

1 & 2 DEC
10.30 - 5
ASHE HOUSE
LUSK
CO. DUBLIN

caitriona@embodiedbrain.ie
086 8753251
Payment can be made
via PayPal

COST €120
EARLY BIRD
€100
IF PAID IN FULL BY
23 NOVEMBER



Cancellation policy: The deposit €50 is non-refundable and non-transferable in all cases, unless a workshop doesn't take place.

