

# Into the New

5Rhythms Movement Meditation  
with  
Caitríona Nic Ghiollaphádraig

Dublin  
5&6 January

*The beginning of a new year is  
a good time to pause, look back at what was,  
see what is now and set our intentions,  
hopes, wishes and dreams for 2019.*



[www.embodiedbrain.ie](http://www.embodiedbrain.ie)



DUBLIN

# Into the New

5 & 6 JAN

5Rhythms Workshop  
with  
Caitríona Nic Ghiollaphádraig

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what was, see what is now and set our intentions, hopes, wishes  
and dreams for 2019*

We will use the 5Rhythms Movement Practice to let go of the old  
from the year gone by...

To appreciate what is valuable in our lives in the present.

To creating dreams of intention for the year ahead.

To tap into our creativity and move with awareness we will use  
collage making and writing to awaken our creative impulses.

Sat 12-6pm  
Sun 11-5pm  
with tea break

Special offer: €100  
If paid in full before  
28 Dec  
€120 thereafter

Booking via PayPal @ [www.embodiedbrain.ie](http://www.embodiedbrain.ie)

Barbara Ward  
Clonliffe & Croke Park Comm Cent  
9A Richmond Ind Est  
Distillery Road

Dublin 3



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