



# Embodied Mindful Self Compassion

An integration and collaboration of Mindful Self Compassion and Open Floor Movement Meditation

Ashe House

North Co. Dublin  
March 29-31  
April 26-28

Caitríona Nic Ghiollaphádraig  
&  
Anne Kirwan

## Embodied Mindful Self Compassion

An integration and collaboration of Mindful Self Compassion and Open Floor Movement Practice

with

Caitríona Nic Ghiollaphádraig and Anne Kirwan

Mindful Self-Compassion (MSC) is based on the groundbreaking research of Dr. Kristin Neff and the clinical expertise of Dr. Christopher Germer, MSC teaches core principles and practices that enable participants to respond to difficult moments in their lives with kindness, care and understanding

Open Floor Movement Meditation Practice supports us to show up and learn to stay with our experience whether it's good or bad; to feel our power and to make things happen in our world. When we live an embodied life we are fluid, flexible and free to experience all of the wild and subtle moments of our everyday lives.

Friday 6-9.30pm  
Saturday: 9.30-6pm  
Sunday: 9.30-5pm

Part 1: 29-31 March 2019

Part 2: 26-28 April 2019

Ashe House,  
Corduff, Lusk,  
North County Dublin

Cost: €500

Participation by Application Only.

Following receipt of your application form Caitríona or Anne will discuss your application by phone or in person at a time that is convenient to you. .

Limited Places available

