

booking form

Name: _____

Address: _____

Tel: _____

Email: _____

Dietary requirements: _____

Deposit: €200.00

Signed: _____

Date: _____

For further information about Caitriona and her teaching check her website: www.embodiedbrain.ie

“Thank you from the bottom of my very grateful heart for the extraordinary help and support your wonderful teachings of 5 rhythms have brought into my life, loosening, revealing, releasing, allowing, celebrating, and gloriously experiencing the depths of life within.” MB

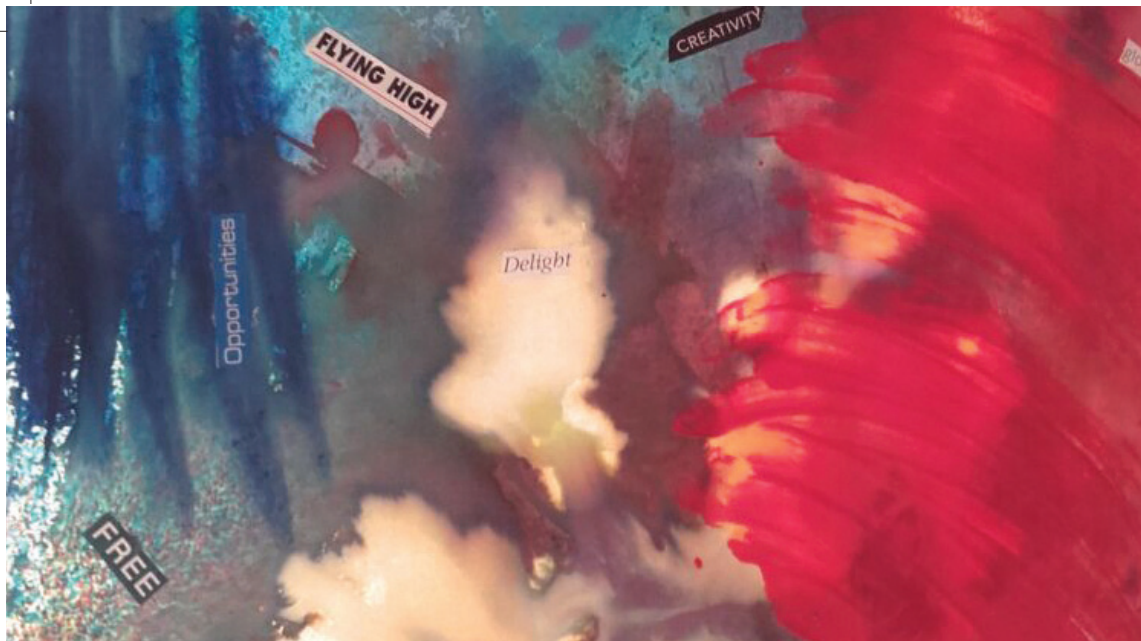


5rhythms

21st Summer School

in the Boghill Centre, Co. Clare
with Caitriona Nic Ghiollaphadraig





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practical details

Dates: Start: July 15th lunch at 1pm - finishing on 19th at 4pm

Workshop Fee: If Paid in Full by July 1st Dorm Accommodation €600.00
Single/Double rooms €700.00

After July 1st Fees are Dorm accommodation €650.00
Single/Double rooms €750.00

A deposit of €200.00 (**non-refundable, non-transferable**) must be sent together with the **booking form** on the back page to confirm a booking.
The full fee must be paid by July 9th.

Accommodation: The hostel has 4 dormitories sleeping 4 and 4 single rooms and 4 double on a first come first serve basis.

Food: Gorgeous vegetarian. Please indicate any special dietary needs in the booking form on the back page.

Clothes: Informal, loose clothes. Outdoor wear for outdoor sessions.

Arrival: We will start the workshop at 1.00pm with lunch. Please endeavour to arrive before then to book in and sort out your accommodation.

Cancellation policy: Please note that the deposit is **non-refundable** and **non-transferable** in all cases.

Booking Information: The number of participants on the workshop is limited so early booking is advisable. Send the booking form and deposit or use PayPal on bookings page of website to Caitríona Nic Ghiollaphádraig, Finisglen, Recess, Co. Galway, Ireland. Email: caitriona@embodiedbrain.ie Tel: +353 86 875 3251

This work can be deeply healing but is not therapy. Participants are strongly recommended to secure or establish the support structures within their own lives, as they must take responsibility for their own mental health and well being when embarking on intense work such as this. Having attended to this the group itself can also be a source of great joy, friendship, shared vulnerability and mutual support.

summer holidays *are a time to unwind and relax; a time to drop out of the busyness of our everyday lives; a time to tap into our creative instincts and tune into our sense of positivity; a time to recharge the batteries.....*

This is my 21st year teaching the 5 Rhythms® Summer School in the Boghill Centre in Co. Clare, off the west coast of Ireland. The Centre is situated in the heart of the unique landscape called the Burren. The Burren is an area of limestone rock covering hills and valleys with meandering streams situated on the Atlantic coast. With its extraordinary array of flora and wildlife, megalithic tombs and monuments older than the pyramids the Burren creates a tapestry of colour and magic unique to this area of Ireland.

In this setting we will daily dance the 5 Rhythms®, a mindful creative movement practice. It will support us to investigate our essential, gentle and fun-loving nature, to identify the parts of us that hold us back from experiencing lightness and joy in your life and to find creative ways to bring well being and vitality to our lives. Through simple brain information we will become curious about the ways we can develop a more balanced positivity in life.

We will be guided to enhance our creativity through the medium of art and collage making. We will explore and learn about the unique landscape that is the Burren. And there will also be ample time for swimming, relaxing and tasting the local traditional Irish music and dance scene.

This workshop is open to women and men, whether you are coming to dance for the first time or whether you have already been touched by the power of the 5 Rhythms®.

Tutors: Caitríona Nic Ghiollaphádraig: 5 Rhythms® teacher
Sadhbh O'Neill: Artist
Mary Quinlan: Archaeologist and Guide to the Burren