



Add A Spring To Your Step: 5 Rhythms® One Day Workshop

In Ennis

With Caitríona Nic Ghiollaphádraig

**Springtime is a time of new life; daffodils and snowdrops
appearing on the landscape;
lambs frolicking in the fields.**

**Do you feel a spring in your step? Or are you feeling stiff,
unenergetic and dull?**

**Maybe now is the perfect time for you to explore the 5 Rhythms
Movement Practice of Gabrielle Roth.**

Venue: Maria Assumpta Hall, Station Road, Ennis Co. Clare

Date: Saturday February 2nd, 2019 10.30am to 5.30pm

Cost: €70 Special offer €60 if paid in full before January 25th

**To Book: By Pay Pal on www.embodiedbrain.ie or cheque made
payable to Deora Dé to Caitriona Nic Ghiollaphadraig, Finisglen,
Recess, Connemara, Co. Galway**

Contact Person: Bridget Ginnity 086 244 4512

All deposits are non-transferable and non-refundable.