



**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](http://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.**