



# 1 Day Movement Meditation Workshop

With

Caitriona Nic Ghiolláphádraig

In

The Sanctuary, Stanhope Street, Dublin

On

Sunday June 9<sup>th</sup> 2019

Would you like to learn to be kinder to yourself?

A day combining Mindfulness Self Compassion (MSC) and 5 Rhythms Movement Practice

MSC enables us to respond to difficult moments in our life with kindness, care and understanding.

5 Rhythms allows us to fully embody all of these qualities in a wholehearted way.

To Book: Contact The Sanctuary

Phone : (01) 670 5419

Email: [enquiries@sanctuary.ie](mailto:enquiries@sanctuary.ie)