

EMBODIED PRESENCE

EMBODIED BRAIN

An Open Floor Series
with
Caitríona Nic Ghiollaphádraig

Inner peace comes from seeing that you cannot be defined by stories views or negative thoughts about yourself. The more you release the burden of painful self-judgements that are no longer relevant the more accessible inner peace will be.

GREECE

1st Steps: April 12, 13 & 14
2nd Steps: Oct 11, 12 & 13



EMBODIED BRAIN/EMBODIED PRESENCE

1ST & 2ND STEPS

WITH
CAITRÍONA NIC GHIOLLAPHADRAIG

Our experience of life is not random. We are continuously selecting and organising our experience with or without conscious awareness. The opportunity offered in Embodied Presence/Embodied Brain is to take the first few steps to becoming aware of some of the habits or the faces of others we have worn in our lives.

This is a two-part exploration where we bring the power of self-compassion, neuroscience & embodied movement to support us in breaking unhealthy habitual patterns and creating resilience, kindness and wellbeing.

Through the Open Floor Movement Meditation Practice and basic brain information we will begin to make the changes needed to begin to wear "our own face" in a positive, vital and healthy life.

Part One: 1st Steps April 12th, 13th & 14th Part Two: 2nd Steps October 11th, 12th & 13th

Part One: Can be taken as a standalone workshop.

Part Two: It is necessary that you have had prior experience of Embodied Presence First Steps at some stage to participate in Part Two.

Address: 14 H MERA,
Kallirois 10,
Athens
(Near Acropolis Metro station)



GREECE

Friday 6.30-9pm
Saturday 10-5pm
Sunday 10-5pm

WWW.EMBODIEDBRAIN.IE

Early Bird €130
if booked by
1st of March

€150 thereafter
For Bookings contact
roseidit@gmail.com