



With
Caitríona Nic Ghiollaphádraig

To move freely we must be deeply rooted.

We dance for joy, for fun, for keeping fit in mind, heart and body;
We also dance to feel rooted and steady in life, to feel supported and connected with
one another.

Maybe now is the perfect time for you to explore 5 Rhythms @Movement Practice, a
creative, movement meditation practice taught in a safe inviting atmosphere.

Venue: Galway Wellness Studio, Unit 26 Terryland House, Terryland Retail
Park, Headford Road, Galway

Date: 26th May 2019

Time: Sunday 10.00 am to 5.00 pm.

Cost: €75

Early bird: €65 if paid in full by May 17th

To Book: Send Payment to Caitríona Nic Ghiollaphádraig, Finisglen, Recess, Co.
Galway. Please make all cheques payable Deora Dé or pay online by PayPal
on www.embodiedbrain.ie

Cancellation policy: The deposit €30 is non-refundable and non-transferable in all cases.