

Unwind, Relax, Rest

A 5Rhythms Workshop with
Caitríona Nic Ghiollaphádraig
exploring the wisdom of rest.

April
27&28

Ashe House
North Co. Dublin

"Stepping out of the busyness, stopping our
endless pursuit of getting somewhere else,
is perhaps the most beautiful offering
we can make to our spirit."
Tara Brach

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Caitríona Nic Ghiollaphádraig

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If resting was as important to us as activity,
we would all be more at peace with ourselves. We would
prioritise being good to ourselves. Shifting lifelong
patterns of going, going, going can be a one step
forward two steps back dance. Yet giving ourselves time
to slow down, to unwind, to relax and finally to deeply
rest can improve our health and wellbeing.

In this workshop we will move towards rest over and over
as we use the wisdom of the 5 Rhythms to guide us towards
developing the art of conscious relaxation.

Booking: By Pay Pal on www.embodiedbrain.ie
or cheque made payable to
Deora Dé to Caitríona
Nic Ghiollaphádraig, Finisglen,
Recess, Connemara, Co. Galway
caitrona@embodiedbrain.ie

April 27&28
Sat & Sun
10.30-5

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Cancellation policy: The deposit €50 is non-refundable and non-transferable in all cases, unless a workshop doesn't take place.