



**5 Rhythms Movement Meditation Open Sessions with
Caitriona Nic Ghiollaphádraig**

An Invitation to:

Sample for the first time or return to the practice of the 5 Rhythms
Movement Meditation of Gabrielle Roth.

You will have the opportunity to deepen your sense of rooting,
presence, embodiment, movement and breath.

These sessions will be a place of movement, music and dance. You will
have the opportunity in each session to tune in with your natural
essential sense of self as it turns up on the day. This can be at times
deeply moving, catalytic, transforming and very ordinary.

The sessions will begin with a time for stretching and preparing yourself
for the 5 Rhythms Wave. There will be some basic teaching at each
session.

If it's your first time, I warmly welcome you. I encourage you to
thoroughly enjoy yourself and to totally engage with what is on offer.
Find out whether this is for you.

Dates: January 16th & 30th, February 13th & 27th, March 12th, April 2nd, 16th
& 30th 2020

Time: 10.30am to 12.30pm

Venue: The Quay Community Centre, Westport, Co. Mayo.

Cost: €20 per class or €140 if paid in full by January 9th 2020

To book: By Pay Pal on www.embodiedbrain.ie or cheque made
payable to Caitriona Nic Ghiollaphadraig, Aughrismore, Cleggan, Co.
Galway H71RX03. For further details email
caitriona@embodiedbrain.ie

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