



## Relationships From the inside out

5 Rhythms Workshop with Caitríona Nic Ghiollaphádraig in Cork

*"Because our minds seek one another through **Limbic Resonance**,*

*Because our physiologic rhythms answer to the call of **Limbic Regulation**,*

*Because we change one another's brains through **Limbic Revision**,*

*What we do inside relationships matters more than any other aspect of human life".*

The General Theory of Love

Our experience of relationship is not random.

We are continually selecting and organising our experience in relationship with or without conscious awareness. The opportunity being offered in this workshop is to take the first steps to becoming aware of some of the habits we bring with us into our various relationships and to begin to explore making any changes we would like to see happen in others to have healthier, wholesome and resilient relationships in life. We will use 5 Rhythms Movement Practice and basic brain information in our exploration.

**Venue:** SHEP Centre The Old Primary School, Ardfoye Ave, Ballintemple, Cork

**Date:** February 8<sup>th</sup> & 9<sup>th</sup> 2020

**Time:** Saturday 10.30 am to 5.30 pm - Sunday 10.30 am to 5.00 pm

**For Information and booking contact** Social and Health Education Project (021) 4666180

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