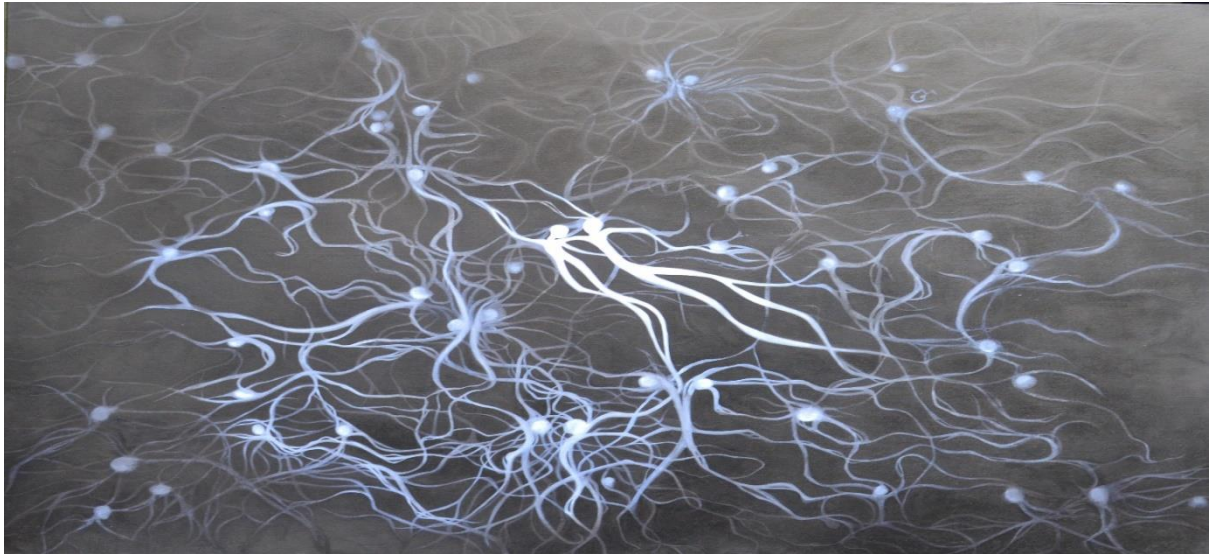


Dancing on the Edge

a weekend workshop on

Connection; Relationship and Attachment



With

Sietske Venema and Caitríona Nic Ghiollaphádraig

This workshop will offer an opportunity to investigate befriending your nervous system through Connection, Attachment and Relationships.

We will use Mindful Movement, neuroscience of Embodied Brain and the structure of Encounter to explore the responses and patterns of our autonomic nervous system (ANS) that influence our relationships and attachment styles.

Encounter offers individual attention within a safe group, allowing the investigation of underlying personal and interpersonal issues.

Embodied Brain is an integration of Mindful Movement and Neuroscience developed by Caitríona

Experience in Encounter or Embodied Brain/Embodied Presence is essential.

Venue: Barbara Ward Clonliffe & Croke Park Community Centre, 9A Richmond Industrial Estate, Distillery Road, (Off Clonliffe Road) Dublin 3.

Date: February 26-28th 2021 **Time:** Fri 6pm to 9.30pm; Sat: 10.00am to 6pm: Sun 10am to 5pm

Cost: Special offer €160 if paid by 1st February. €200 thereafter.

Booking via PayPal@embodiedbrain.ie **Contact** Caitriona at caitriona@embodiedbrain.ie

Sietske's website: www.dansjeleven.nl Caitríona's website: www.embodiedbrain.ie