



Befriending our Nervous System

an Open Floor Movement Workshop

with

Caitríona Nic Ghiollaphádraig

The greatest thing then, in all education, is to make our nervous system our ally as opposed to our enemy". William James

Everyday living is a complex experience of autonomic navigation. The autonomic nervous system responds moment to moment to what are often competing needs to survive or to be social. In a state of protection, survival is the only goal. The system is closed to connection and change. In state of connection, health, growth, and resilience are possible.

We come into the world hardwired for connection. With our first breath we embark on a lifelong quest to feel safe in our bodies, in our environments and in our relationships with others. The autonomic nervous system is always on guard, asking the question ***"Is this safe"?*** Its goal is to protect us by sensing safety and risk, listening moment by moment to what is happening in and around our bodies, and in the connections, we have to others.

In this time of the Covid crises all our nervous systems have been challenged, knocked off centre and stretched beyond our limits at times.

In this workshop we will use Openfloor Movement practice, artwork, and the latest neuroscience on the working of the nervous system in order to find creative ways to bring our nervous system into a state of resilience over and over again.

Date: 31st October

Time: 10am to 1pm and 2.30pm to 5.30pm.

Venue: Caitríona's zoom room

Cost and booking: €60 payable by Paypal at www.embodiedbrain.ie