

Pause.....a moment



You are invited to a mindful movement daylong workshop to pause, reflect, still the body and quieten the mind.

It is an opportunity to find the steady ground under our feet, to move with intuition and agility and to remember the stillness that resides inside of us if we turn our attention towards it.

We will use Open Floor Embodied Movement Practice to anchor us in the present and the wisdom of Self Compassion to find the still point within as we spend time in mindful movement and quiet sitting meditation.

Date: December 12th- Saturday

Venue: Caitríona's Zoom room

Time: Session 1: 10am to 1pm

Session 2: 2.30pm to 5pm

Cost: €60

Payment through Paypal on the website: www.embodiedbrain.ie