

Relax with Uncertainty



Right now, the world is tossing, trembling, and tumbling; huge unprecedented changes are hurtling us into an unknown future. We don't know where the road is leading us.

The 5 Rhythms movement practice prepares us to find the ground under our feet in uncertain times, to move with intuition and agility in a field of chaos, and to remember the stillness that resides inside of us in the face of life's hurricanes.

Date: November 14th - 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